

Grab & Go Breakfast

Is the morning rush at your house a mad dash to get out the door, barely having time to grab homework, much less eat a nutritious breakfast? If this sounds familiar, you will be relieved to know that getting that important morning start may now be easier for students at Nemo Vista High School and Middle School. We are going to conduct a trial run on a **Grab & Go Breakfast** for one week in February and one week in April to see if this program is what the students would like. For these two weeks students in Middle School and High School will only have the option to eat breakfast from the Grab & Go stations.

Beginning the week of February 15 and the week of April 4, 2016 we will have a trial run where students in Middle School and High School can take part in this innovative new program called “**Grab & Go Breakfast** .” Just as the name implies, a nutritious breakfast will be available to NVHS and NVMS students via a centrally-located destination every morning for those chosen weeks. Students may pick up a bagged breakfast meal from these destinations every morning from 7:30 – 8:00 am. If the trial weeks do well then we will try and incorporate this new program for the 2016/2017 school year.

The direct impact of breakfast on academic performance has been well documented.

Eating breakfast can help improve math, reading and standardized test scores.

Students who eat breakfast are more likely to behave better in school and get along with their peers than those who do not.

Breakfast helps students pay attention and perform problem-solving tasks, and improves memory.

Students who eat school breakfast are less likely to be absent or tardy than those who do not eat breakfast at school.

Behavioral and emotional problems are less common among students who consistently have access to regular meals.

Eating breakfast improves student’s performance on demanding mental tasks and reaction to frustration.

Share this exciting news about the start of this trial run for this new program! As Grab & Go Breakfast trials start, we would like to hear your feedback on how it is going and areas for improvement. Please e-mail Ms. Karen Paladino, Nemo Vista Child Nutrition Director with any questions, comments or suggestions: kpaladino@nemo.k12.ar.us



Nemo Vista Schools

February 8th – 12th

BREAKFAST is served with 100% Fruit Juice, Fruit, Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage & Biscuit Or Cereal Graham Crackers	Bacon Egg Biscuit Or Cereal Oatmeal Bar	Breakfast Pizza Or Cereal Pop Tart	Mini Waffles Baked Ham Or Cereal Breakfast Burrito Salsa	Scrambled Eggs Toast Or Cereal Graham Crackers

LUNCH is served with Fruit and Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets Creamed Potatoes Seasoned Green Beans Whole Wheat Roll	Taco Salad Shredded Lettuce Diced Tomatoes Pinto Beans Fresh Salsa	Fish Sandwich Lettuce/Pickles/Tomato Baked Beans Oven Fries	Chicken Noodle Soup Cheese Wedge Seasoned Corn Carrot Sticks/Ranch Crackers	Bean & Cheese Burrito Cheese Sauce Tossed Salad/Ranch Purple Hull Peas

All grains are whole grain rich.

Menu is subject to change due to availability.

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Nemo Vista Schools

February 15th – 19th

BREAKFAST is served with 100% Fruit Juice, Fruit, Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage & Biscuit Or Cereal Graham Crackers Grab & Go Sausage/Biscuit	French Toast Sticks Baked Ham Or Cereal Oatmeal Bar Grab & Go Sausage Rolls	Breakfast Pizza Or Cereal Graham Crackers Grab & Go Chocolate Donuts	Sausage Gravy Biscuit Or Breakfast Burrito Salsa Grab & Go Breakfast Burrito	Scrambled Eggs Toast Or Cereal Graham Crackers Grab & Go Ham & Egg Biscuit

LUNCH is served with Fruit and Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fried Chicken Gravy Creamed Potatoes Seasoned Green Beans Whole Wheat Roll	Chicken Fajita Salad Lettuce/Tomatoes Pinto Beans Salsa	Hot Dog Chili/Mustard Baked Beans Oven Fries	Vegetable Beef Soup Cheese Wedge Carrot Sticks/Ranch Crackers Cinnamon Roll	Cheese Sticks Marinara Sauce Tossed Salad/Ranch Seasoned Corn

All grains are whole grain rich.

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Nemo Vista Schools

February 22nd – 26th

BREAKFAST is served with 100% Fruit Juice, Fruit, Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Sausage Biscuit Or Cereal Graham Crackers	Blueberry Pancakes Syrup Baked Ham Or Cereal Oatmeal Bar	Breakfast Pizza Or Cereal Pop Tart	Mini Waffles Bacon Or Breakfast Burrito Salsa	Mini Donuts Or Cereal Graham Crackers

LUNCH is served with Fruit and Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Roasted Chicken Creamed Potatoes Seasoned Green Beans Whole Wheat Roll	Taco Salad Shredded Lettuce Diced Tomatoes Refried Beans Fresh Salsa	Hamburger Lettuce/Pickles Tomato Slice Baked Beans Oven Fries	Chili Cheese Wedge Seasoned Pinto Beans Carrot Sticks/Ranch Crackers	Fish Sticks Macaroni & Cheese Tossed Salad/Ranch Purple Hull Peas

All grains are whole grain rich.

Menu is subject to change due to availability.

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Nemo Vista Schools
February 29th – March 5th

BREAKFAST is served with 100% Fruit Juice, Fruit, Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Sausage Biscuit Or Cereal Graham Crackers	French Toast Sticks Baked Ham Or Cereal Oatmeal Bar	Breakfast Pizza Or Cereal Pop Tart	Sausage Gravy Biscuit Or Breakfast Burrito	Scrambled Eggs Toast Or Cereal Graham Crackers

LUNCH is served with Fruit and Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Strips Creamed Potatoes Steamed Broccoli Whole Wheat Roll	Nacho Supreme Shredded lettuce Diced Tomatoes Pinto Beans Fresh Salsa	Cheeseburger Lettuce/Tomato/Pickles Baked Beans Oven Fries	Chicken Noodle Cheese Wedge Seasoned Corn Carrot Sticks/Ranch Crackers	Pizza Tossed Salad/Ranch Seasoned Green Beans

All grains are whole grain rich.

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