

OCTOBER

High School Breakfast Menu 2018



"Hi, I am the kitchen manager at Ramsey Elementary. I have four children three of which are in our school district. I love to bake and have owned my own breakfast restaurants in the area and have sold my baked goods at our local farmers' market. I love putting all of my experience to use at Ramsey!" - Kari

Meet our Kitchen Manager at Ramsey Elementary, Kari Turnbough


Did you know kids eat more fruits and vegetables when more fruits and vegetables are offered?

This concept is part of the National School Lunch program. Our Director of Nutrition Services, Ed Ducar, puts this research to practice. Every single day in our school district from elementary to high school, 8-12 different fruits and 10-14 different vegetables are offered daily to your students. Why? Ed wants to help you develop a healthy eater. By offering more options, your student can select their favorites and be intrigued by other fruits and vegetables that may not be so familiar to them. However, we know that the more kids are around a new food item the more apt they are to try it.

Here are just some of the fruits and vegetables offered daily: cantaloupe, kiwi, honeydew melon, watermelon, pineapple, grapes, oranges, apples, berries, bananas, sweet potatoes, jicama, hummus, spinach, peapods, tomatoes, broccoli, cauliflower, peppers, carrots.



Breakfast Meal Prices: High School, \$1.70 Reduced Price: \$.30 Low-fat Milk: \$.50

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Cranberry Muffin Assorted Cereal Fruit & Juice Milk	2 Nutri-Grain Bar Lil Yami Yogurt Assorted Cereal Fruit & Juice Milk	3 Pancakes Assorted Cereal Fruit & Juice Milk	4 Bagel & Cream Cheese Assorted Cereal Fruit & Juice Milk	5 NO SCHOOL	<i>Cal</i> 555 <i>T.Fat</i> 9.71 G <i>S.Fat</i> 4.0 G <i>Chol</i> 27.0 Mg <i>Sodm</i> 491.61 Mg <i>Carb</i> 103.89 G
8 Pop Tart Lil Yami Yogurt Assorted Cereal Fruit & Juice Milk	9 Cinnamon Knots Assorted Cereal Fruit & Juice Milk	10 Waffle Sticks Assorted Cereal Fruit & Juice Milk	11 Biscuit & Sausage Gravy Assorted Cereal Fruit & Juice Milk	12 Bagel & Cream Cheese Assorted Cereal Fruit & Juice Milk	<i>Cal</i> 551 <i>T.Fat</i> 10.57 G <i>S.Fat</i> 4.3 G <i>Chol</i> 24.0 Mg <i>Sodm</i> 542.69 Mg <i>Carb</i> 100.26 G
15 English Muffin & Egg Assorted Cereal Fruit & Juice Milk	16 Breakfast Pizza Assorted Cereal Fruit & Juice Milk	17 French Toast Bites Assorted Cereal Fruit & Juice Milk 	18 Cocoa Banana Muffin Assorted Cereal Fruit & Juice Milk	19 Bagel & Cream Cheese Assorted Cereal Fruit & Juice Milk	<i>Cal</i> 568 <i>T.Fat</i> 12.87 G <i>S.Fat</i> 5.4 G <i>Chol</i> 48.6 Mg <i>Sodm</i> 624.73 Mg <i>Carb</i> 97.26 G
22 Nutri-Grain Bar Lil Yami Yogurt Assorted Cereal Fruit & Juice Milk	23 Cinnamon Muffin Squares Assorted Cereal Fruit & Juice Milk	24 Dutch Waffle with Berries Assorted Cereal Fruit & Juice Milk	25 Apple Texas Toast Assorted Cereal Fruit & Juice Milk	26 Bagel & Cream Cheese Assorted Cereal Fruit & Juice Milk	<i>Cal</i> 591 <i>T.Fat</i> 11.73 G <i>S.Fat</i> 4.2 G <i>Chol</i> 27.1 Mg <i>Sodm</i> 531.80 Mg <i>Carb</i> 107.60 G
29 Cranberry Muffin Assorted Cereal Fruit & Juice Milk	30 Nutri-Grain Bar Lil Yami Yogurt Assorted Cereal Fruit & Juice Milk	31 Pancakes Assorted Cereal Fruit & Juice Milk			<i>Cal</i> 551 <i>T.Fat</i> 9.02 G <i>S.Fat</i> 3.4 G <i>Chol</i> 24.2 Mg <i>Sodm</i> 471.44 Mg <i>Carb</i> 105.19 G

Try our recipe featuring **BANANAS**, our fruit of the month:

3 Ingredient Banana Pancakes
INGREDIENTS:
 1 banana
 2 eggs
 1/2 cup oatmeal
 extra virgin olive oil
 Makes 2 serving.

ALWAYS WASH HANDS BEFORE PREPARING FOOD!

Directions:
 1. Put all ingredients into a blender and blend well for 15-20 seconds.
 2. Heat the oil on a griddle or in a skillet over medium high heat. Scoop the batter onto the hot surface and cook your pancakes 2 to 3 minutes per side.
 3. Enjoy with your favorite pancake topping like peanut butter!



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