

Rockwood Child Nutrition: Elementary Breakfast



Helping Students Make Healthy Food Choices

Research shows that students who eat **HEALTHY, REGULAR** meals perform their **BEST** academically.

- Greater gains in standardized test scores
- Improvements in math, reading, and vocabulary scores
- Less trips to the school nurse and less absenteeism

Rockwood Child Nutrition follows USDA guidelines in the planning, purchase and preparation of all meals.

Students are provided balanced meals each day in age-appropriate serving sizes that meet federal nutrition requirements, while limiting fat and saturated fat. Meals include the fruits, dairy, vegetables, protein and grains that children need to achieve and maintain a healthy weight and lifestyle.

What's for Breakfast?

A Rockwood breakfast includes three food choices for students that together comprise a complete breakfast:

1: Entree: choose one

Examples include:

- Cereal and yogurt
- Cereal and animal crackers
- Hot Oatmeal
- Cinnamon roll
- McRockwood sandwich
(bagel, egg, cheese and ham)
- Pancake and sausage

2: Fruit or Vegetable: choose one

Examples include:

- 4 oz. of 100% juice
- ½ cup fresh fruit or vegetable

3: Milk: choose one

- Skim white, chocolate, vanilla, cookies and cream or strawberry milk

Breakfast is served before school and may be purchased for \$1.55.

In addition, ala carte items are offered. These extra items may be purchased at breakfast for an additional charge and are found on the Child Nutrition Web page.

Learn more on the Rockwood Child Nutrition web page, including monthly menus and the nutrient analysis: www.rockwood.k12.mo.us.

Rockwood child Nutrition is a self-operated, self-funded program.

Carmen Fischer, Director
Rockwood Child Nutrition
17146 Manchester Road
Wildwood, MO 63040
(636) 733-3250

