



KID'S KORNER

Seminole I.S.D. Food Service

Fuel Your February with a Hot Breakfast!

What better way to start a chilly February day than with a hot breakfast? February is National Hot Breakfast month! We know it can be tough to serve up a healthy meal during the morning rush. That's why we offer so many tasty breakfast options at school! Starting the day with a hot breakfast isn't just delicious and satisfying - it also comes with many other benefits!

Our Breakfast Promise

Schools that offer breakfast options must provide one quarter of your child's daily needs for calories and essential vitamins as:

- Protein
- Calcium
- Iron
- Vitamin A
- Vitamin C

Your child can always choose dairy options like milk and yogurt, a variety of fruits, and grain based options such as waffles, pancakes, donuts or even cinnamon rolls. Yum!

What Makes A Nutritious Breakfast?

The morning meal should include a protein source, such as egg, milk or meat options. It should also include a fruit or vegetable.

Check out this Month's menu: <http://seminoleisd.nutrislice.com/menu/>

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