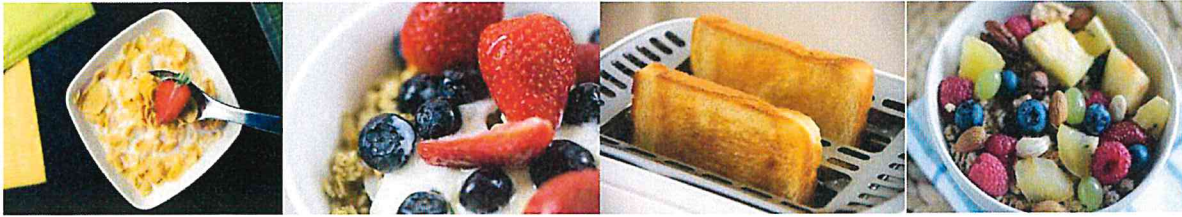


Benefits of Breakfast



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

Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not. Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.

Children who eat breakfast are likely to have fewer absences and incidents of tardiness than those who do not.

By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.

Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.

Eating breakfast as a child is important for establishing healthy habits for later in life.

Schools that provide breakfast in the classroom to all students have shown decreases in tardiness and suspensions as well as improved student behaviors and attentiveness.

What you eat for breakfast can have an impact on learning. One study showed that eating breakfast food high in fiber and low in sugar helped students sustain the cognitive effects of breakfast.

School breakfast provides $\frac{1}{4}$ the recommended amounts of protein, calcium, iron, vitamin A, and vitamin C for the day.

The Diocese of Owensboro School Food Service offers a wide variety of nutritious items for breakfast every morning. Encourage your child to start their day off right by eating school breakfast.



BREAKFAST

Adults: \$3.45 Students Reduced \$0.30 Paid \$2.35

NOVEMBER 2026

St Mary M/H Cafeteria

Menu Subject to Change Due
to Suppliers

Monday

2

Cinnamon Roll
Fruit
Milk/Juice

Tuesday

3

Chicken Biscuit
Fruit
Milk/Juice

Wednesday

4

Sausage Pancake on a Stick
Fruit
Milk/Juice

Thursday

5

Bacon Egg Cheese Croissant
Fruit
Milk/Juice

Friday

6

Muffin/Bread & Yogurt
Fruit
Milk/Juice

9

French Toast or Pancakes
Fruit
Milk/Juice

10

Sausage Biscuit
Fruit
Milk/Juice

11

Sausage Egg & Cheese
Stuffed Breakfast Sandwich
Fruit
Milk/Juice

12

Egg & Cheese Bagel
Fruit
Milk/Juice

13

Donuts
Fruit
Milk/Juice

16

Cinnamon Roll
Fruit
Milk/Juice

17

Chicken Biscuit
Fruit
Milk/Juice

18

Sausage Pancake on a Stick
Fruit
Milk/Juice

19

Bacon Egg Cheese Croissant
Fruit
Milk/Juice

20

Muffin/Bread & Yogurt
Fruit
Milk/Juice

23

French Toast or Pancakes
Fruit
Milk/Juice

24

Sausage Biscuit
Fruit
Milk/Juice

25

No School

26

Happy
Thanksgiving

27

No School

30

Cinnamon Roll
Fruit
Milk/Juice

Daily Choices: Cereal & Pop-Tarts

MY
SCHOOL
BUCKS

PAY FOR MEALS ONLINE
[MyschoolBucks.com](https://www.MyschoolBucks.com)