

Keene High School Breakfast Menu

May 2012

Breakfast ~ Daily Options

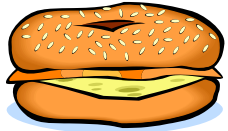
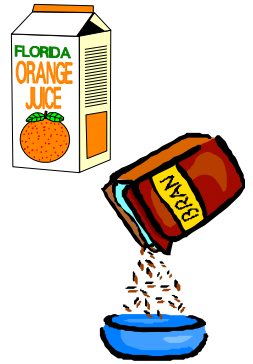
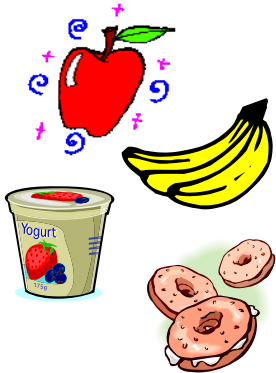
Cost: Student Breakfast \$1.35 Reduced \$.30 Adult Breakfast \$2.00

UBR ~ Cinnamon Oatmeal Breakfast Round, Fruit or Juice & Milk
(2) Cereals, Fruit or Juice & Milk

Bagel w/ Cream Cheese or Peanut Butter, Fruit or Juice & Milk

Yogurt, Trailmix, Fruit or Juice & Milk

Peanut Butter & Jelly, Fruit or Juice & Milk



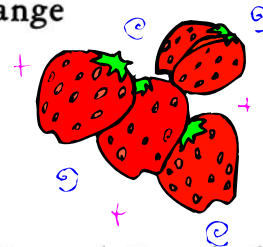
Pick Up a Hot Breakfast Sandwich or Quesadilla at Damon's Grill Today!!

Non Discrimination Statement: This explains what to do if you believe you have been treated unfairly. "In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice).

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Menu Subject to Change

Food Fun Facts: Strawberries



May is National Strawberry Month

The strawberry, as we know it, was originally grown in northern Europe, but species have also been found all over the world. The plant was first called the strewberry plant, but was later changed to strawberry. Strawberries were cultivated in the 13th Century in France for use as a medicinal herb. The strawberry is considered one of the most important small fruits grown in the Western Hemisphere. Today every state in the United States and each of the Canadian provinces grows the strawberry plant. The first American species of strawberries was cultivated about 1835.

Eight medium-sized strawberries contain 93 percent of the U.S. RDA for Vitamin C. Strawberries are also good source of folic acid, potassium and fiber. Best of all, strawberries are fat-free and low in calories at only 45 calories per serving. There are about 200 seeds on the outside of the average strawberry. The Winter Strawberry Capital of the World, Plant City, Florida, holds the Guinness World record for the largest strawberry shortcake. The cake weighing in at 6,000 pounds and 827 square-feet, was made on Feb. 19, 1999 in McCall Park. Strawberries can be used on cereal, in pies and cakes, in muffins and in smoothies and yogurt and are a sweet and tasty treat right off the vine!

