

For first-class learning!

E.C.C. & ELEMENTARY SCHOOL



Here's a simple way to roll a wellness "strike" twice a day, every day. Add just 10 minutes of daily exercise to whatever you're doing



now. And get to bed just 10 minutes earlier than usual. Easy formula for improved wellness, right? Might even improve your bowling game!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. **WELLNESS IS A WAY OF LIFE!**

Breakfast

Get in touch with us today to learn more about free and reduced-price meals in our district: 531-2244 ex. 3222

Featuring Healthy Fruits & Grains!

WEEKLY BREAKFAST MENU

Monday— Assorted Cereal, Yogurt, Fruit Juice, Selection of Fruit and Milk.

Tuesday— Egg & Cheese on English Muffin, Fruit Juice, Selection of Fruit and Milk.

> **Wednesday**— Pancakes, Fruit Juice, Selection of Fruit and Milk.

Thursday— Breakfast Pizza, Fruit Juice, Selection of Fruit and Milk.

Friday—French Toast Sticks, Fruit Juice, Selection of Fruit and Milk

Assorted Cereal and Yogurt offered daily as an alternate entrée choice

Menu is subject to change.

First things First To make a breakfast, choose at least one



D.T.S.D. Food Service