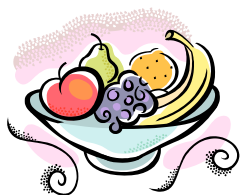


**START THE DAY RIGHT!
START THE DAY WITH BREAKFAST**

BREAKFAST MENU AUGUST 2018

8.00am – 8.20am

Toast (with butter/honey/jam/vegemite) per slice	\$0.50
Raisin Toast (with butter) per slice	\$1.00
Popper	\$1.80
Milk or Milo (hot or cold)	\$2.00
Breakka Milk (Chocolate/Banana/Vanilla/Strawberry)	\$2.20
Yoghurt 100ml	\$1.50
Piece of Fruit	\$1.00
Fresh Fruit Cup	\$1.50



TULLAWONG BREAKFAST PROGRAM

Studies show that 1 in 4 children go to school without a proper breakfast! What did your children have for breakfast today?

Eating breakfast is important to the health and wellbeing of school children:

- ☺ Provides essential nutrients for growth and development;
- ☺ Establishes healthy eating habits (studies show people who regularly eat breakfast are leaner than those who don't)
- ☺ Offers beneficial effects for learning, concentration and behaviour at school.

A breakfast menu will be available at the Tuckshop from 8.00am until 8.20am each morning. Only the items listed on the breakfast menu will be available during this period.

Your support for this program is appreciated.

**START THE DAY RIGHT!
START THE DAY WITH BREAKFAST.**

Tuckshop Staff, Tullawong P&C Association