

# ALEXANDER HAMILTON SCHOOL



## BREAKFAST IN SCHOOL

FRIDAY, MARCH 3, 2017

**WEAR YOUR PAJAMAS!**

**Grades K, 3 & 5 – 8:50**

**Grades 1, 2 & 4 – 9:20**

### Menu

Rice Crispies Cereal

Banana and Strawberry Smoothies (strawberry, banana, carrots and orange juice)

Egg and Cheese frittatas

Waffles- Aunt Jemima

Oranges

**Attention parents of students with allergies:** Please read the ingredients of each item carefully and discuss with your child. Please circle the items your child is allowed to have and cross out what they're not allowed to have so that we are informed of what your child is allowed to eat.

**Return the second page to school by Friday, February 24<sup>th</sup>.** Parents of allergy students are welcome to join us.

Child's Name

Parent Signature

## Egg & Cheese Frittatas

Author: The Seasoned Mom  
Prep time: 5 mins Cook time: 10  
Serves: 14 mini muffins

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### INGREDIENTS

6 large eggs  
3 tablespoons whole milk  
½ teaspoon salt (NOTE: some folks  
addition of the salt makes these too  
decrease the amount!)  
½ teaspoon pepper  
½ cup grated cheddar cheese

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### INSTRUCTIONS

1. Preheat oven to 350 degrees. T
2. In a large measuring cup or bow
3. Pour egg mixture into prepared
4. Sprinkle cheese evenly among
5. Allow to cool in pan for a few m

## Waffles

Mess... ●●○○ LTE 12:54 PM 8%  
auntjemima.com



INGREDIENTS: ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACINAMIDE, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, CALCIUM PHOSPHATE), DEXTROSE, NONFAT DRY MILK, PALM OIL, SALT, WHEAT GLUTEN, CALCIUM CARBONATE, CORN SYRUP SOLIDS, SODIUM CASEINATE, MONO AND DIGLYCERIDES, LACTIC ACID, DIPOTASSIUM PHOSPHATE, TOCOPHEROLS (PRESERVATIVE), SODIUM METABISULFITE.

CONTAINS MILK AND WHEAT INGREDIENTS.

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

PREPARATION INSTRUCTIONS ▼



## Rice Crispies

**Ingredients:** Rice, sugar, contains 2% or less of salt, malt flavor. BHT added to packaging for freshness.

**Vitamins and Minerals:** Iron, vitamin C (ascorbic acid), vitamin E (alpha tocopherol acetate), niacinamide, vitamin A palmitate, vitamin B<sub>6</sub> (pyridoxine hydrochloride), vitamin B<sub>2</sub> (riboflavin), vitamin B<sub>1</sub> (thiamin hydrochloride), folic acid, vitamin B<sub>12</sub>, vitamin D.

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Prepared with Genetic Engineering

	Amount Per Serving	% Daily Value*
Total Fat	65g	130%
Saturated Fat	35g	70%
Cholesterol	300mg	600%
Sodium	2,400mg	4800%
Potassium	3,500mg	7000%
Total Carbohydrate	30g	60%
Dietary Fiber	25g	50%

