

BREAKFAST NEWS



Start the Day (and the Year) Right!

Make giving your kids a healthy breakfast every day one of your New Year's resolutions.

If you don't have much time in the morning or your kids aren't hungry when they wake up, send them to school for breakfast. Healthy food choices are available every morning in the cafeteria for ALL students. We cannot wait to see them there!

Help your kids to make this semester a success - encourage them to eat breakfast!

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