

BREAKFAST IS COMING TO SYKESVILLE MIDDLE BEGINNING NOVEMBER 2ND!

The cost is \$1.50 for students.
Reduced price lunch students pay \$.30.
Free lunch students receive free breakfast.

Students must report to home room upon arriving at
school and then arrive at the cafeteria no later than
8:15. Breakfast time is 8:10 to 8:25 daily.

NOVEMBER 2009

2 Pancakes & Syrup or Cereal & Toast	3 Breakfast Pizza or Yogurt & Toast	4 Bagel & Toppings or Cereal & Toast	5 Donut or Yogurt & Toast	6 Sausage on Roll or Cereal & Toast
9 Breakfast Pocket or Yogurt & Toast	10 French Toast Sticks or Cereal & Toast	11 Bagel & Toppings or Yogurt & Toast	12 Waffles & Syrup or Cereal & Toast	13 Breakfast Pizza or Yogurt & Toast
16 Pancakes & Syrup or Cereal & Toast	17 Breakfast Pocket or Yogurt & Toast	18 Bagel & Toppings or Cereal & Toast	19 Sausage on Roll or Donut	20 English Muffin or Cereal & Toast
30 French Toast Sticks or Yogurt & Toast				

EVERY BREAKFAST INCLUDES MILK
AND CHOICE OF FRUIT OR JUICE

BREAKFAST HELPS CHILDREN PAY ATTENTION,
PERFORM PROBLEM SOLVING TASKS, AND IMPROVES
MEMORY!