

BREAKFAST IS AVAILABLE AT ALL SCHOOLS



Mornings can be really crazy! The alarm doesn't go off, the kids don't want to get up, there's no time to eat breakfast before the bus comes or they're just not ready to eat. If this sounds like your house in the morning, we have good news for you.

Breakfast is available at all schools! A nutritious breakfast helps students be more alert so they can actively participate in class. Breakfast has vitamins and nutrients for a strong and healthy body. Studies have shown that students who miss breakfast may be less attentive in class and have a harder time learning.



Breakfast at school is affordable, too. If you qualify for free or reduced price meals, you also qualify for the breakfast program with no additional paperwork. If you must pay, you'll find that breakfast only costs \$1.50 for full pay students or \$.30 for reduced priced meals. Nowhere else will you find a balanced breakfast at such a low cost.

Monday	Tuesday	Wednesday	Thursday	Friday
Waffle & Syrup Fruit Juice Milk	Cereal Super Bun Fruit Juice Milk	Pancakes & Syrup Juice Fruit Milk	Cereal Pop Tart Fruit Juice Milk	Egg Burrito Fruit Juice Milk

Students **must** take a fruit or juice **or** **both** with breakfast!

Look for your school's "breakfast time"

Start your day with Breakfast at school!

Prairie Lane	8:20-8:50	Grewenow	6:55-7:25	Roosevelt	7:40-8:10
Bose	Breakfast in class	Harvey	6:55-7:25	Somers	7:45-8:15
Brass	Breakfast in class	Headstart	8:30-9:30	Southport	7:35-8:05
Brompton	7:45-8:15	Jefferson	7:40-8:10	Stocker	6:55-7:25
Dimensions	7:30-8:00	Jeffery	6:55-7:25	Strange	7:40-8:10
EBSOLA	Breakfast in class	KTEC East	7:15-7:45	Vernon	Breakfast in class
Forest Park	7:35-8:05	McKinley	Breakfast in class	Whittier	6:55-7:25
Frank	Breakfast in class	Nash	7:40-8:10	Wilson	Breakfast in class
Grant	7:45-8:05	Pleasant Prairie	8:20-8:50		
		K-Tech West	7:45-8:15		