

Breakfast Newsletter

Breakfast!

- Breakfast is the most important meal of the day. Breakfast provides you with the energy and nutrients that lead to increased concentration in the classroom.
- Studies show that breakfast can be important in maintaining a healthy body weight.
- Hunger sets in long before it's time for lunch, but because it's not convenient to eat properly, many people who have not eaten breakfast snack on foods that are high in fat and sugar.
- People who skip breakfast are unlikely to make up their daily requirement for some vitamins and minerals that a simple breakfast would have provided.
- Breakfast provides energy for the activities during the morning and helps to prevent that mid-morning slump.

Just a reminder that all of our cafeterias serve breakfast and if you qualify for assistance (Free or Reduced meals) this includes breakfast.

Breakfast Prices:

Paid: \$1.50

Reduced: \$.30

Free: Free

Breakfast Times:

Northfield Jr Sr High	7:50 - 8:10
Metro North Elementary	8:10 - 8:30
Sharp Creek Elementary	7:50 - 8:10
Southwood Jr Sr High	7:50 - 8:10
Southwood Elementary	7:50 - 8: 25

National School Breakfast Week: March 5-9, 2018

If you have any questions, please contact your Cafeteria Manager at your school.

Thanks,

Becky Bradley

Food Service Director

Northfield Jr Sr High	Amanda Rhoades
Metro North Elementary	Missy Wilson
Sharp Creek Elementary	Missy Wilson
Southwood Jr Sr High	Danette Kieninger
Southwood Elementary	Lori Minniear