

Breakfast Newsletter

- 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 requirements 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 is currently FREE to all MSD students through May 2021.

Breakfast Times

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

National School Breakfast Week: March 8-12, 2021

If you have any questions, please contact:
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