

BREAKFAST---DON'T START SCHOOL WITHOUT IT

Hungry students can't learn. Breakfast is important not only for body growth and development, but also for learning and social interaction. Eight to twelve hours may elapse between dinner at night and breakfast the next morning. If we do not refuel our bodies with food in the morning, our blood sugar levels can get low, resulting in fatigue, less efficiency, and apathy. Students may have short attention spans, and become disruptive. Students may also leave class due to headaches and stomach-aches.

There are a number of excuses students give for not eating breakfast. We can eliminate a few of those by offering quick and easy breakfast items at school. By offering a Federal breakfast program we will be able to reach the very students who may need breakfast the most. Our goal is not to take away from family time or family responsibility, but rather to offer a service to students who have not had the time or opportunity to eat a good breakfast before starting school in the morning.

Breakfast is available to all students in Prairie View. By offering a Federally funded breakfast program we are able to reach students who can not afford breakfast. We are able to offer items free or at a reduced price to students who already qualify for free/reduced price lunches.

Requirements for a reimbursable meal are 8 ounces milk, ½ cup 100% fruit juice, 1 ounce grain and 1 ounce protein (or 2 grain or 2 protein).

Combinations offered include:

- Cold cereal bowl packs (2), milk, and juice.
- Muffin, yogurt, milk, and juice.
- Bagel and peanut butter, milk, and juice.
- Toast, yogurt, milk, and juice.

For more information, or if you have questions about the Breakfast Program, please call our Robyn Wood at 835-4036.

If you do NOT allow your child to participate in the Breakfast Program, please be sure to fill out the special PRAIRIE VIEW BREAKFAST PROGRAM slip In the office. Any child who does not have a signed REFUSAL form in the Food Service office will be allowed to have breakfast, and the Food Service account will be charged.

Cost for breakfast is \$1.30 per day.