



Benefits of Breakfast

EAT BREAKFAST AT SCHOOL!

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. Or maybe your child grabs a can of soda and a candy bar on the way to school. If this sounds like your house, we have good news for you.

Beginning January 12, 2015, Muraski Elementary School will start a Grab and Go Breakfast program. Breakfast will be served from 8:50 a.m. – 9:00 a.m. School breakfast will give your child a healthy start to the day. A nutritious breakfast helps students be more alert so they can learn more in class. Breakfast has vitamins and nutrients for a strong and healthy body.

Breakfast at school is affordable, too. If you qualify for free and reduced price meals, you also qualify for the breakfast program, with no additional paperwork. Simply enter your six digit student ID number on the pin pad, grab your breakfast, go to the cafeteria, and enjoy your breakfast. Please remind your children to clean up their area and put all the garbage in the trash cans. Breakfast costs \$2.00, all students eligible for a reduced lunch will pay \$0.30 for breakfast, and free students would receive it free. Please encourage your children to take advantage of this opportunity. You can't find a healthy breakfast at such a low cost anywhere else.

Students who eat breakfast:

- Establish healthier habits for later in life.
- Have fewer absences and incidences of tardiness.
- Show improvement in performance on math, reading, and standardized test scores.
- Are more likely to behave better in school.
- On a regular basis are less likely to be overweight.

Breakfast will be served from 8:50 am – 9 am. As you arrive at school, if you would like to get breakfast, simply get in line, select a milk and a juice, enter your six digit student ID number on the pin pad, grab your breakfast, go to the cafeteria and enjoy your breakfast. Tables will be set up for those wanting to sit at a table. We can only sell a complete breakfast at this time; no ala carte items will be sold.

All items served on the breakfast menu are peanut free and are not manufactured on shared equipment.

Help your child start the day right with school breakfast! Please call the Food Service office if you have questions, 440.572.7058, or email orris@strongnet.org

School Breakfast Information

Serving Time: 8:50 a.m. - 9:00 a.m. **Price:** \$2.00 paid, \$.30 reduced*, free* (*if qualified)
No advance registration necessary! All students are welcome every day!

This institution is an equal opportunity provider and employer