



September, 2019

Dear Parents/Guardians:

Breakfast is an important meal for children to start their day with so they can be ready to learn. We encourage all of our students to begin the school day with a nutritious breakfast at home or at school. We offer a nutritious school breakfast for your children every morning.

Studies show that children who eat a nutritious breakfast are more attentive in class, score higher on standardized tests, and are healthier than those children who do not eat breakfast. Many families do not have time to fit a balanced breakfast into their busy morning schedules. The School Breakfast Program exists to make sure all parents can be sure their children are getting the nutritious breakfast they need to start off their day right.

The School Breakfast Program is available to all students every school day at all of our schools in the district. Your child can participate in school breakfast every day or some days.

School breakfast is a wonderful way to make sure your children have a balanced meal to start each day. Try breakfast at school today!

Sincerely,

A handwritten signature in blue ink that reads "Lonnie Burt". The signature is fluid and cursive, with a long horizontal stroke extending from the end of the name.

Lonnie Burt, MS, RD, CD-N
Director
Food & Child Nutrition Services

