



## **BREAKFAST PROGRAM AVAILABLE TO MIDDLE SCHOOL STUDENTS BEGINNING FEBRUARY 1, 2010!!**

**All students** enrolled in Teays Valley East Middle School or Teays Valley West Middle School are welcome and encouraged to participate in the National School Lunch/Breakfast Program.

Breakfast at the middle schools will be offered every morning beginning at **approximately 7:20 am at East, and 7:25 am at West.**

Most days, school breakfast will consist of a variety of cereals, toast, 100% fruit juice, and milk. We will also offer other breakfast entrées from time to time. (All breakfast meal plans meet the requirements of the National School Lunch/Breakfast Program.)

### **Here are a few good reasons to participate in your school's Breakfast Program:**

- It's easy. Instead of running around in the morning trying to make sure your children are eating a nutritious meal, why not just leave it to us?
- Studies have proven that kids who eat breakfast achieve higher academic scores, are more alert in class, visit the school nurse less often, and are better behaved in school.
- For parents with busy morning schedules, it's sometimes difficult to ensure that students are eating a healthy breakfast before they head off to school. Children often aren't ready to eat right after waking up, and it can be challenging to find nutritious breakfast foods they like.
- Some students who refuse breakfast at home discover that they are hungry when they arrive at school. The school breakfast program provides a great option for parents.
- It's there as a back-up plan. Students who normally enjoy breakfast at home with their families will occasionally find themselves running out of time. If that happens, he/she can still participate at school—the breakfast program is optional for all students. It is not necessary to participate every day.

### **2009-10 BREAKFAST PRICE INFORMATION:**

**STUDENT BREAKFAST.....\$1.00**

**\*REDUCED PRICE BREAKFAST.....\$.30**

**\*PLEASE NOTE: IF THERE IS AN APPROVED FREE/REDUCED MEAL APPLICATION ON FILE FOR THE CURRENT SCHOOL YEAR, YOUR CHILD WILL QUALIFY FOR BOTH BREAKFAST AND LUNCH BENEFITS. UNTIL AN APPLICATION IS APPROVED, EACH STUDENT MUST PAY FULL PRICE FOR BOTH BREAKFAST AND LUNCH. EVERY STUDENT IS GIVEN AN APPLICATION AND INFORMATION TO TAKE HOME TO PARENTS AT THE BEGINNING OF EACH SCHOOL YEAR.**

For questions about the School Lunch and Breakfast Program, please contact:

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