



NORTHEAST SCHOOL CORPORATION SCHOOL BREAKFAST PROGRAM LETTER TO PARENTS

HAVE A HEALTHY BREAKFAST AT SCHOOL!

Mornings can be crazy....kids would like to sleep in....the alarm doesn't go off.....no time to eat before bus pick up.....or kids are just not ready to eat breakfast at home.

We would like to let you know that breakfast is offered to all students every morning when school is in session. Breakfast is a healthy way to start the day and our breakfast program meets all USDA guidelines. Breakfast provides 1/4 of your child's daily nutritional needs and helps maintain a strong mind and body.

HELP YOUR CHILD START THE DAY RIGHT WITH A SCHOOL BREAKFAST!

****We are now CEP corporation-wide, which means that breakfast is FREE for all students. Students at NCHS have a Grab n Go option every morning, which is also free. ****



Breakfast includes a choice of two entrees, fruit, juice and milk. Nearly all our breakfast grain products are whole grain. We serve mostly fresh fruit, 100% fruit juice and a choice of low-fat milk for a complete, healthy breakfast.

This institution is an equal opportunity employer and provider.