



# 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!

Due to USDA waivers, breakfast is free for all students who choose a reimbursable tray. Students at NCHS have a Grab n Go option every morning.

**\*\*Free and reduced lunch applications are available at every school and the school services office and are not needed for the breakfast and lunch program this year. However, you must fill out an application to qualify for P-EBT and to ensure the Corporation's participation in other programs. Contact Nancy Woodard at 812.397.5390 or [woodardne@nesc.k12.in.us](mailto:woodardne@nesc.k12.in.us) for more information.**

