

## **Community Schools of Frankfort Breakfast Parent Letter**

### **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.

Breakfast is served at each school. 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. You can't find a healthy breakfast at such a low cost anywhere else.

Paid Breakfast is \$1.20

Reduced Breakfast is \$.30

If you qualify for Free meals, your breakfast is Free.

Help your child start the day right with school breakfast!

### **Breakfast times at each school:**

High School	7:00-7:25 (Tues., Weds. and Thurs.) 7-8:15 (Monday and Friday)
Middle School	8:10-8:25
Blue Ridge	7:45-8:00
Green Meadows	7:45-8:00
Suncrest	7:55-8:15 Breakfast in the Classroom – Free to all students

This institution is an equal opportunity provider.