



PUTNAM
COUNTY CHARTER SCHOOL SYSTEM

inspire. innovate. excel.

FOR IMMEDIATE RELEASE



Media contact:

Abdul K. Lindsay MScFT, RD, LD
School Nutrition Director

(706) 485-5381

Abdul.Lindsay@putnam.k12.ga.us

Students Bolster their Brainpower with School Breakfast

Putnam County Charter Schools Celebrate National School Breakfast Week

Eatonton, Georgia –March 2-6, 2015 – National School Breakfast Week!

Children who eat breakfast at school start the day ready to learn—reflected in higher test scores and better classroom behavior. However, only half of the children who eat lunch at school also eat school breakfast, according to the Food Research and Action Council. To garner increased participation in the School Breakfast Program, Putnam County Charter Schools System will recognize National School Breakfast Week. Slated for March 2-6, 2015, National School Breakfast Week is a weeklong celebration aimed at increasing awareness of the School Breakfast Program among students and parents.

The 2015 National School Breakfast Week theme, “Make the Grade with School Breakfast” reminds everyone in the school community – parents, students, administrators – that a healthy school breakfast sets students up for a day of learning and academic success. The theme will appear in school cafeterias during National School Breakfast Week, March 2-6, 2015. *“Too many children are showing up at school hungry, and we know hungry children can’t learn,”* said Putnam County School Nutrition Director, Abdul K. Lindsay. *“A healthy breakfast helps students focus in the classroom and perform better. That’s why we offer a **healthy breakfast at no cost** every morning in our schools.”*

Cafeterias will promote school breakfast with special menus and decorations, activities, and events all week. *“One new program being launched at our high school on Thursday is the War Eagle Grab-n-Go Breakfast Program whereby children will be offered reimbursable meals on the go,”* said Abdul K. Lindsay. *“Also, we will be serving a hearty **breakfast for lunch** at each of our four schools throughout National School Breakfast Week.”*

Every school day, Putnam County School Breakfast Program offers students a healthy breakfast that they need to ready them for a busy school day. Some of the children’s favorites include, but are not limited to the following: chicken, sausage, egg, and bacon biscuits with cheesy grits, our new fruity yogurt parfaits, pancakes, French toast, and waffles. Every school breakfast served meets federal and state of Georgia nutrition standards limiting fat, calories, and sodium.

“Make the Grade with School Breakfast” was created by the non-profit School Nutrition Association with support from Kellogg’s Foodservice. National School Breakfast Week was launched in 1989 to raise awareness of the availability of the School Breakfast Program to all children and to promote the links between eating a good breakfast, academic achievement and healthy lifestyles. For more information about local school meals and our nutrition services, please visit us at the following website: www.putnamnutritionprogram.com.

###

158 Old Glenwood Springs Road
Eatonton, Georgia 31024

Phone: 706-48-5381 Fax: 706-485-3820

“USDA is an equal opportunity provider and employer.”