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## Breakfast in the Classroom

Beginning August 25, 2014!

Dear Packsaddle Parents,

Is the morning rush at your house a mad dash to get out the door with your children barely having time to grab their homework much less eat a nutritious breakfast? If this sounds familiar you will be relieved to know that getting that important morning start will no longer be a challenge.

Beginning on August 25, 2014 your Packsaddle child will take part in a pilot program called "Breakfast in the Classroom." A nutritious breakfast will be served to each student right in the classroom. They will have an opportunity during the first 10 minutes of class to eat breakfast with their classmates and get the fuel they need to get through the morning ready to learn. **Breakfast is FREE** to all students. There will be no breakfast service from the cafeteria before school except for Pre-K.

### How does it work?

Each day, breakfasts will be delivered to the hall to be served by the cafeteria staff. Students will go to the food cart, select their breakfast, give the cafeteria worker their student ID card and return to their room. Children eat while the teacher takes morning roll, does review work and reads announcements. This normally takes about ten minutes. A wet wipe is included for each student to clean hands and desk before classroom instruction begins. Trash is put into a rolling trash can outside their classroom. No food is left inside the classroom.

### What foods are served in Breakfast in the Classroom?

Milk is served daily as is fruit and juice. Entrees are nourishing and easy to eat quickly. They include popular breakfast items such as cold cereal, kolaches, and muffins.

### What are the advantages of Breakfast in the Classroom?

Traditional breakfast in the cafeteria does not meet the needs of many students. Less than one-fourth of the students who eat lunch at school eat breakfast at school. Students who do not eat a nourishing breakfast are not able to concentrate well, become irritable more quickly and show hunger-related symptoms such as headaches and stomachaches. When Breakfast in the Classroom is served, every student is able to start the school day ready to learn. This continues throughout the morning without hunger-related disruptions.

Share this exciting news with your child and be ready on August 25th for the start of this new program!

### BREAKFAST IN THE CLASSROOM MENU 2014-2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apple danish Cereal Applesauce Orange juice Milk	Kolache Cereal Apple juice Raisins Milk	Flapstick Cereal Orange juice Fresh apple Milk	Breakfast pizza Grape juice Canned fruit Milk	Blueberry muffin Cereal Apple juice Banana Milk
Doughnut Cereal Applesauce Orange juice Milk	Breakfast slider Cereal Apple juice Raisins Milk	Colby omelet Cereal Orange juice Fresh apple Milk	Kolache Cereal Grape juice Canned fruit Milk	Apple muffin Cereal Apple juice Banana Milk

*Students may take all items but must take at least 3 items. One of the items must be a fruit or a juice  
Choice of 1% or fat-free chocolate or strawberry milk included with every breakfast*

