

NUTRITION SERVICES DEPARTMENT

This year, we need your help to make sure all of our students are fully prepared for academic success. We all know that hungry children have a more difficult time doing their best work. That's why we encourage all students to begin the school day with a nutritious breakfast.

The School Breakfast Program is available to all students every weekday morning at the schools. You do not have to register your child in advance. At Beech Elementary and MacGowan breakfast is offered in the classroom and is free for all students. At Stuckey Center and Veritas breakfast is all served in the classroom. At Hilbert and Redford Union High School breakfast is served in the cafeteria prior to school starting. Your child can eat breakfast at school every day or only occasionally. School breakfast makes good sense – it provides $\frac{1}{4}$ of your child's nutritional needs, meets Dietary Guidelines recommendations, and offers children a chance to eat breakfast with their friends.

School Breakfast is an ideal solution on busy mornings when kids are running late or parents have to be at work early. Whatever the reason, if breakfast at home is not convenient, please have your child take advantage of breakfast here at school.

Thank you for helping us to make sure that all of our students start the school day alert, well fed and ready to learn.

Breakfast Prices for Hilbert, RUHS, Stuckey Center and Veritas:

Secondary: \$1.25

Elementary: \$1.25

Reduced Price: \$.30

Free: \$0