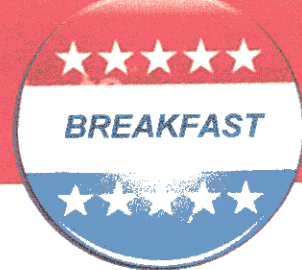




All-Star School Breakfast!

William E Cottle School



Looking to Save Money \$\$\$

Skip Breakfast!

..... Well not really... Did you know that for **only \$1.25 a day** your children could have a nutritious breakfast at school. If you are eligible for a **free or reduced lunch** you can also receive a **free or reduced breakfast**. *Why not save!*

Breakfast=Achievement

National studies consistently confirm that breakfast can help your children concentrate, think, behave and learn. Eating breakfast:

- Improves classroom performance, including better test scores and grades
- Increases children's ability to focus and concentrate on school work
- Decreases behavior problems, tardiness and visits to the school nurse
- Increases attendance rate

Just as important, when students routinely start their day with breakfast, chances are good that it will become a habit that carries into their teenage and adult years.

School Breakfast Ensures a Nutritious Start Every Day

If your children don't have time to eat at home or simply aren't hungry first thing in the morning, have them give school breakfast a try. It's a great option for all children, regardless of income! Some of our daily choices include, assorted cold cereal, Bagel and cream cheese, pancakes and more. All breakfast are served with a choice of 100% fruit juice and milk. **All for ONLY \$1.25**

If you want to find out more about the Breakfast Program please contact the food service office at [337-5376](tel:337-5376) x1232

