

Nutrition Services



EAT BREAKFAST AT SCHOOL!

Mornings can be unpredictable...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 the kids are not ready to eat. If this sounds like your morning, we have good news for you.

Breakfast is offered to all students at school every morning as the students are released from the bus.

School breakfast is packed with essential nutrients for developing a strong and healthy body. Statistics prove that students who eat a nutritious breakfast are more alert in class and earn better grades.

The school breakfast is reasonably priced at \$1.50 for Kindergarten through 6th grades and \$2.00 for 7th through 12th grades. Breakfast is 30¢ for students approved for the reduced price meal program, and **FREE** for students approved for the free meal

BREAKFAST IS OFFERED DAILY

- The school breakfast includes the protein, grains, calcium and other nutrients a child needs for growth and good health. Breakfast is planned following the guidelines established under the Child Nutrition Program of the Ohio Department of Education and in accordance with *The Dietary Guidelines for Americans* published by the U.S. Dept. of Agriculture. If you have questions, please contact Gerry Levy, District Manager of Nutrition Services at 576-2292.
- If your child eats breakfast at home and you want to ensure your child is not served another breakfast at school, complete a Meal Account Restriction Form to indicate your preference. This form is included in your packet and can also be found on the school website, www.finneytown.org. Just click on Nutrition Services and scroll down on the right hand side.

FREE AND REDUCED MEAL BENEFITS

- Free and reduced meals are available for those students who qualify. Children in households receiving benefits through the Supplemental Nutrition Assistance Program or Ohio Works First and foster children can qualify for free meals. Also, children can receive free or reduced price meals if your household's gross income is within the Federal Income Guidelines.
- A complete information packet including an application to apply for free and reduced price meals is sent home at the beginning of the school year.
- If you have questions regarding the Free and Reduced Meal Program or need assistance with the application process, please contact Cheryl Wilkins at 576-2290 or Sarah Renz at 576-2293.