

Walworth Joint School District #1

What is Mid-morning Nutrition Break and How does it Work?



School Breakfast Is The Fuel For School

When students start the day with a nutritious breakfast, they start the day ready to learn. Some students skip breakfast at home because they are not hungry when they first wake up. When parents rely on the School Breakfast Program, they can be assured that their child will receive a healthy breakfast every day. Most importantly, when you offer a mid-morning nutrition break, more students eat breakfast.

Research shows a strong connection between eating a healthy school breakfast and

success at school. Kids who skip breakfast rarely make up for missed nutrients later in the day.

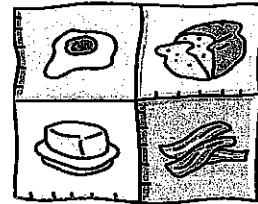
5th - 8th grade students will be able to obtain a grab and go breakfast in the morning. Students will be able to take their breakfast into the classroom to eat.

The cost for Nutrition Break is \$2.25 for a full breakfast including a milk.

Students who receive free/reduced priced meals and have had a breakfast in the cafeteria from 7:15-8AM

DO NOT qualify for a second free/reduced priced breakfast. They may however purchase a breakfast at the cost of \$2.25 during nutrition break.

Nutrition break begins Mid-September.



WALWORTH JOINT SCHOOL DISTRICT #1 SERVES BREAKFAST EVERY SCHOOL DAY FROM 7:15 AM UNTIL 8:00 AM IN THE SCHOOL CAFETERIA! COST FOR BREAKFAST IS \$2.25. IF YOU HAVE ANY QUESTIONS REGARDING THE BREAKFAST PROGRAM OR ABOUT QUALIFYING FOR FREE OR REDUCED PRICED BREAKFAST/LUNCH, PLEASE CONTACT BRIDGET DeVRIES AT 275-6896 EXT. 1207.



PLEASE RETURN TO THE SCHOOL OFFICE

Grade _____

◇ MY CHILD, _____ **DOES NOT HAVE MY PERMISSION TO PARTICIPATE IN THE 5TH - 8TH GRADE MORNING NUTRITION BREAK.**

◇ MY CHILD, _____ **HAS MY PERMISSION TO PARTICIPATE IN THE 5TH - 8TH GRADE MORNING NUTRITION BREAK AND I WILL BE FINANCIALLY RESPONSIBLE FOR THEIR PURCHASES.**

◇ OTHER - PLEASE EXPLAIN, _____

PARENT SIGNATURE

DATE

Permission must be granted, signed and returned before participation.