



## Breakfast, The Most Important Meal

Mornings can be really hectic...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 they're just not ready to eat. Maybe your teenager grabs a can of soda and a candy bar on the way out the door to school. If any of this sounds like your house, we have some help and good news for you. Breakfast is served at ALL Ashland City Schools! School breakfast will give your child a healthy start to the day. A nutritious breakfast helps students to be more alert so they can learn more in class. 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 is why we encourage all students to begin the school day with a nutritious breakfast.

The Ashland City School Breakfast Program is available to ALL students every weekday morning, when school is in session. You do not have to register your child in advance. Your child can eat breakfast at school every day or when needed. School breakfast makes good sense – it provides  $\frac{1}{4}$  of your child's nutritional needs; meets the Dietary Guideline recommendations; and offers children a chance to eat breakfast with their friends. They say that breakfast is the most important meal of the day, and we couldn't agree more!

For the 2017-2018 school year, Ashland City School District will offer a FREE Grab-n-Go Breakfast available to all Elementary K-5 grade Ashland City School students. The Grab-n-Go will be available each school morning at your child's assigned Elementary school. The breakfast offering is voluntary.

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 is not convenient, please have your child take advantage of breakfast here at school. Breakfast at school is affordable too! If you participate in the free and reduced program, you also qualify for the breakfast program, with no additional paperwork. If you do not participate, all you need to do is either apply money towards your My Payments Plus account, or bring money or a check in with your child to school. You can't find a healthy breakfast at such a low cost anywhere else.

Help your child start the day right with school breakfast!

High School/Middle School Breakfast  
Cost: Full Pay \$1.25 / Reduced \$.30

Elementary School Breakfast  
Cost: Free Grab-n-Go to all K – 5 grade students

The breakfast menus for all the schools are located on the Food Service Department site, which can be accessed on our Ashland City Schools Department website [www.ashlandcityschools.org](http://www.ashlandcityschools.org).

We encourage everyone to use this nutritional resource. Thank you for helping us to make sure that all of our students start the school day alert, well fed and ready to learn!

Sincerely,

Kristie Ward, Supervisor  
Food Service Department  
Ashland City Schools