

The Food Service Department is very excited to announce



Will be available at school starting on October 17th 2016

Dear Horace Porter Families,

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 energize their school day with a nutritious breakfast.

- The School Breakfast Program is available to all students every weekday morning.
- You do not have to register your child in advance.
- Your child can eat breakfast at school every day or only occasionally.
- School breakfast makes good sense – every day, students are offered meals that include servings of fruit, whole grain-rich items, and low fat or fat free milk.
- These breakfasts are well balanced and follow standards backed by the best nutritional science available.
- **Breakfast is free of charge to students who qualify for free lunch.**
- **Thirty cents for students who qualify for reduced priced lunch.**
- **\$1.50 for full pay students.**

Students will use their Lunch Card to pay for breakfast. Please maintain a sufficient balance on their cards to pay for all daily meals.

Breakfast will be available from **7:45am to 8:25am**. Students in the before care program may eat in the cafeteria and to students getting off of the bus may pick up the "Grab & Go" and enjoy it in the classroom.

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 so that they may enjoy the numerous benefits of starting their day with a healthy meal. 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,

Mary Conway

Food Service Director



H.W Porter Breakfast Menu

Grab n' Go an assortment of Whole Grain items will be available daily

Pumpkin Bread

Apple Roll

Cinnamon Toast Crunch Cereal Bar and Yogurt

Mini Pancakes

Bagels with Peanut Butter (peanut butter must be eaten in the cafeteria) or Cream Cheese

Cinnamon Roll

Available in Café Hot Breakfast Sandwich

Biscuit, Egg and Cheese

English Muffin, Egg and Cheese

Cheese and Egg Omelet on a Croissant

Pancakes & Sausage on a Stick

****Hot Sandwiches will be available one or two times per week. A schedule will be posted in advance.****

Daily all meals will offer a 1 cup serving of fruit / 100% fruit juice and milk. Milk choices are low fat & fat free flavored or unflavored milk. Students must select a 1/2c serving of fruit or fruit juice. All grain items served will be whole grain.

Full Price Student breakfast \$1.50

Eligible Students Reduced Price Student breakfast \$0.30

Adult Meal \$2.00.

This institution is an equal opportunity provider.