



MAINE CENTRAL INSTITUTE



### ***Eat Breakfast at School!***

*Mornings can be really crazy...the alarm doesn't go off...you don't want to get up...there's no time to eat breakfast before the bus comes...or you're just not ready to eat. If this sounds like your house, we have good news for you. "Grab and Go" breakfast is served at school! School breakfast will energize your day and provide you with a healthy start.*

### ***Here's What You Need to Do:***

- 1) Pre-Order breakfast the day before with your teacher during your advisor period in the morning.*
- 2) The next morning, pick up your "Grab and Go" breakfast from the Dining Hall between 7:40 – 7:55 a.m. on Mondays, Tuesdays, Thursdays and Fridays or between 7:40 – 8:10 a.m. on Wednesdays. You will need to bring and scan your student ID (as you do for lunch).*

*Breakfast at school is affordable, too. If you already qualify for free or reduced lunches, you also qualify for the breakfast program. The regular price for breakfast is \$2.00 and reduced is .30(cents). If you have questions, please see Mrs. Cray in the Academic Office or Mr. Carr in the Dining Hall.*