

Dear Parent/Guardian,

The School Breakfast Program is available to all students every weekday morning in the school cafeteria (K-12 \$3.00, Reduced \$.30). 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. Participation in the program also affords children a chance to enjoy a morning meal with their friends.

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.

We offer a grab-n-go type meal on all 2hr delays, as well.

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,

Alysha Marrs, Caston School Corporation FSD