

Welcome Hawks! I hope this finds you all rested, healthy, and ready for an educational, happy, and fun school year! As we welcome you back, we would like to assure you that, once again, all students will be offered Free Breakfast and Free Lunch here at school. We offer breakfast to all students both before school and during morning recess, one breakfast per student each day. We include whole grains, low-fat proteins, fruit, and milk. We follow guidance enforced by the USDA…following strict guidelines on calories, food groups, sodium levels, saturated fats, and sugars.

Research demonstrates that school breakfast consumption:

✓ Boosts students' academic performance, grades, and test scores

✓ Increases concentration, alertness, comprehension, and memory

✓ Improves classroom behavior

✓ Reduces absenteeism and tardiness

Please, also remember the importance of filling out the Food Allergy portion of your Emergency Card. Food allergies and personal/religious preferences are very important to us.

We look forward to offering your children a wide selection of foods that are both nutritious and delicious. We have a motto, and always consider that "It is not nutrition until it's consumed". Please do not hesitate to contact us with any questions or concerns.

Happy 2025/2026 School Year! ☺