



# BREAKFAST...

is an **IMPORTANT** part of a **HEALTHY** school day!

**Students who eat breakfast:**

- ❖ are healthier, happier, more productive in the classroom
- ❖ are more energetic throughout the day
- ❖ show a general increase in math and reading scores
- ❖ make fewer mistakes and work faster in math and number checking tests
- ❖ perform better on standardized tests than those who skip breakfast
- ❖ generally have less behavioral issues
- ❖ have lower rates of absence and tardiness



**Pettisville Schools**

**2013-2014**

**419-446-2705**

## Power Up with Breakfast!

Students require nutrients and energy for concentration on academic tasks. Breakfast can provide those nutritional necessities and prevent symptoms such as headache, fatigue, restlessness and sleepiness from competing with educational demands. We have perhaps always known that breakfast is the most important meal, especially with children, now we have the research to prove it.

Families today live busy lives that often make it difficult to sit down long enough in the morning to eat a nutritious breakfast. Sometimes children are not physically capable of eating breakfast at home when they first wake up.

We have started an in-school breakfast program to make it easy and appealing for your children to start their day with a healthy meal.



**Sign up now!**

## Our Program

**Grades: K-12**

**Times:** September 9 – May 16

Monday – Friday

\*Calamity, school delays...No  
Breakfast!

**Where:** Cafeteria

Walker/Commuters: 7:45 a.m.

Bus students: 8:05 a.m.

Breakfast Ends: 8:15 a.m.

(Students will be allowed to go to the cafeteria upon bus arrival.)

**Cost:** \$1.25

**Reduced:** \$0.30

*(Free and Reduced qualification will apply to the Breakfast Program.)*

### Sample Menu:

Monday: Cereal, Milk, fruit or juice

Tuesday: Hot Meal, Milk, fruit or juice

Wednesday: Cereal, Milk, or juice

Thursday: Hot Meal, Milk, fruit or juice

Friday: Cereal, Milk, fruit or juice

\*Sample Menu is a generalization of the types of items served on specific days.

**Registration: Please return registration by Wednesday, September 4<sup>th</sup>! We will register again in December.**

If you have any questions, please call Mr. Waldvogel (Grades 1-6) or Mr. Lane (Grades 7-12) @ 419-446-2705.

## Breakfast Sign-up Form



Parents who are interested in the breakfast program for their child(ren) must complete the form below and return it to the school office. You may register for any number of days.

The program will begin on Sept. 9, 2013.

**Return Registration by Sept. 4, 2013.**

Student's name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Circle Days of Participation: M T W R F

Student's name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Circle Days of Participation: M T W R F

Student's name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Circle Days of Participation: M T W R F

Parent Signature: \_\_\_\_\_