

8/2/2017



Dear Parents:

Did you know that students learn better when they eat a nutritious breakfast each day? Studies have shown that test scores go up and behavior problems go down when students eat a good breakfast. Bethlehem Area School District and Sodexo School Services have worked together to develop a breakfast program that gets students off to a good start each morning.

Breakfast is offered at all schools throughout the district. The price of a student breakfast will be \$1.75 for K-5 and \$1.85 6-12. Students who are approved for reduced-price breakfast will pay \$.30. Students who are currently eligible for free lunches are also qualified for free breakfasts.

Breakfast in the Classroom will now be offered at 9 schools. Those schools include Freemansburg, Clearview, Marvine, Donegan, Lincoln, Fountain Hill, Thomas Jefferson, William Penn and Broughal. Students at these schools will have the ability to eat their breakfast in class 1<sup>st</sup> thing in the morning. Definitely a great way to start the day!

- Students will be offered at least four food items each day and are required to take at least three food items.
- The required food groups for the breakfast program include fruit and/or vegetables, milk and grain. Meat or meat alternatives (egg, cheese, and peanut butter) are optional.
- All grains served will be whole grain-rich.
- Children will be offered at least two different milk options, however flavored milks must be fat free and white milk may not exceed 1% milk fat.
- All students will need to take at least ½ cup fruit and/or vegetables.
- Juice will be offered and is considered a serving of fruit.

**BREAKFAST AT SCHOOL COULD BE ONE OF THE BEST ACADEMIC BOOSTS YOU CAN GIVE YOUR CHILD!**

If you have questions regarding the breakfast program, please contact Dining Services at 610-861-8135.

Sincerely,

Andrew Chandler  
GM