

7/6/2018



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 grades K-5 and \$1.85 for grades 6-12. Students who are approved for reduced-price breakfast will pay \$.30. Students who are currently eligible for free lunches also qualify for free breakfasts.

Breakfast in the Classroom will now be offered at 9 schools. Those schools include Freemansburg, Clearview, Marvine, Donegan, Lincoln, Thomas Jefferson, William Penn, Fountain Hill and Broughal. Students at these schools will have the ability to eat their breakfast in class 1st 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, 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,

Anthony Kowalak
GM