



# Washington County Food Service School Breakfast Program 2016

## Benefits of a Healthy Breakfast!!!

Studies have proven that students who eat breakfast benefit nutritionally and educationally. Eating school breakfast results in increased math and reading scores. There were fewer visits to the nurse. Teachers reported improved classroom behavior, improved attentiveness. Parents reported improved performance. The majority of students who start their day with breakfast say they feel good, are happy, and more alert throughout their school day. The majority of students who do not eat breakfast say they feel bad, are angry, sick and bored throughout the school day.

**Breakfast is available every day of the school year for your child in the Washington County School System.**



## JUST FOR FUN

Q: What ingredient works best when it's broken?

A: An Egg!!!

## Kids Start Smart with School Breakfast

The breakfast program is intended to ensure that all kids who didn't eat breakfast at home can access it at school. The program will continue through this academic year. Washington County School District believes that the School Breakfast Program is a critically important tool for ensuring that all students arrive in class ready to learn.

## Breakfast at school has many benefits!!!

High school students will be allowed to choose from a menu of healthy breakfast items, which include, milk, juice, cereal, whole grain items, etc. Breakfast is *\$1.30 for paid students, 30 cents for students qualifying for reduced-price lunch, and free for students who qualify for free meals.*

## EXCITING NEWS!!!!

Washington County Schools Grades P-8 will be implementing a new option available to schools participating in the National School Lunch and School Breakfast Programs called the Community Eligibility Provision (CEP) for School Year 16-17. Great news for you and your students! All enrolled students in grades P-8 are eligible to receive a healthy breakfast and lunch at school at **no charge** to your household each day of the 16-17 school year.

<http://education.ky.gov/federal/SCN/Pages/USDANondiscriminationStatement.aspx>

For more information contact: Regina Hood, Food Service Director @ 859-336-5470