

# LANDER ELEMENTARY

## A GRAB-n-EAT BREAKFAST at Lander every morning at 7:30am

### Give your child a healthy start!

Mornings can be rushed, but it is important to make time for breakfast, therefore:

Lander Elementary offers daily breakfasts! Breakfast is **\$1.95** (see below for the offerings). If your child is approved for free or reduced lunch, then he/she is also qualified for a free or reduced breakfast.

The School Breakfast is available to *all* students *every* weekday morning in the *Multipurpose room* from **7:30-7:55 a.m.** You do not have to register your child in advance, he/she simply uses his/her existing lunch account. Your child can eat breakfast at school every day or only occasionally. School breakfast makes good sense – it provides  $\frac{1}{4}$  of your child's nutritional needs, meets Dietary Guidelines recommendations, and offers children a chance to eat breakfast with their friends.

Children can benefit from the School Breakfast Program! *Studies show that school breakfast can improve test scores, make kids more alert in class, improve classroom behavior, and breakfast eaters are also less likely to be overweight.*

**Breakfast choices are listed below. Breakfast Meal is \$1.95 (unless qualified for free or reduced meals. Reduced Price is \$0.30):**

**Whole Grain Single Poptart  
String Cheese or Yogurt  
Fresh Fruit or Fruit cup  
Milk**

**OR**

**Whole Grain Bagel Sticks  
(filled with cream cheese)  
Fruit/Fruit cup  
Milk**



Any questions, please call Mayfield Food Service at (440) 995-7835. Thank You.

*This Institution is an equal opportunity provider*