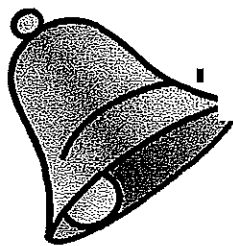


Breakfast After The Bell



Providing Students With The Fuel To
Power Through A Busy School Day &

Did you know?!? Studies have shown that students provided an AM energy boost are better able to focus & learn.

Starting May 7, Estell Manor School will be offering a Breakfast Assortment to the 3-4th graders beginning at 9:05 am and then taken to their homeroom to eat. This method of breakfast service provides participating students with a healthy breakfast at the beginning of their school day. This concept has gained much popularity in our area as a method of providing a meal without reducing learning time or asking students to arrive earlier to school. The cost for Breakfast will be \$1.30 for paid students and \$0.30 for reduced students. Our Breakfast After The Bell Menu offers an array of healthy choices compliant with The New Federal Nutrition Guidelines.



Breakfast will consist of one **Entree, Fruit & Low Fat Milk Choice.**

Featured Entrees per day:

- Monday- French Toast
- Tuesday- Smoothies
- Wednesday- Bacon, Egg and Cheese on a Bagel
- Thursday- Yogurt Parfait
- Friday- Warm Dutch Waffle
- Daily Alternates- Cereal, Yogurt, Bagel, Pop tart, Cheese stick, Blueberry Loaf and Granola bar.



All students may participate in the Breakfast Program.

If your child/children qualifies for Free or Reduced Lunch then the same status is used for Breakfast also.