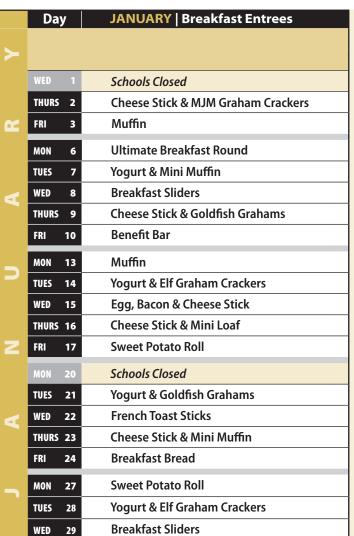
# **Breakfast Menu**



## **Breakfast is only \$1.50** and includes the following healthy choices:

**Available Everyday** Protein (examples include breakfast sandwiches, yogurt and cheese sticks) • Whole Grain Breads, Fruit, Fruit Juice and Milk (low fat or fat free)

Pre-K students who have breakfast in their classrooms are provided a pre-bagged breakfast.



Schools Closed

Raspberry & Cream Cheese Bar

### How does school breakfast help students & families?



#### Fuels students for learning

Children can concentrate on their schoolwork better when they're not hungry. Studies show that students do better in school when they eat breakfast.



Improves attendance, encourages healthy lifestyles and provides better nutrition

Studies show that people who eat breakfast have higher intakes of dietary fiber, B vitamins, calcium, iron and other nutrients. Reduces visits to the school nurse.



Saves time for families by offering healthy breakfast at school

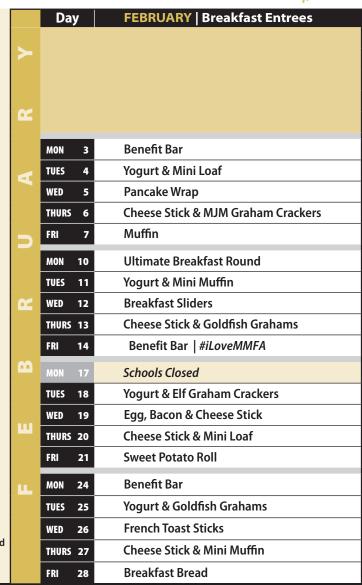
School Breakfast can simplify mornings for families by offering students healthy options that fit into their schedules.

#### Interested in a few hours of work? Come join our team!

Apply on line at www.aacps.org Click - Join Our Team

Click - APPLY NOW then select - Support Staff School-Based Search – (type in **Food**) then Click on: Temporary Food Service Worker 1 (Substitute)

For questions or comments, contact us at 410-222-5900



**Food & Nutrition Services** 

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**Anne Arundel County Public Schools** 

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