

take time for  
**school  
BREAKFAST**

**Make Breakfast Time  
Your Favorite Time!**



Studies show that a nutritious breakfast helps students stay alert in class allowing them to work more efficiently, concentrate better and learn more effectively.

Lanoka Harbor School would like to remind parents that we participate in the School Breakfast Program. Breakfast is available to all students daily for the low price of \$1.60. Students receiving free or reduced price lunch will receive the same benefits at breakfast with no additional paperwork.

Your child should report directly to the cafeteria upon his/her arrival to school.

**STUDENTS CAN CHOOSE FROM:**

**GRAINS:** Bagels, cold cereal, mini pancakes, pop tarts, hot cinnamon roll, mini blueberry waffles and graham crackers. All are whole grain rich.

**FRUIT:** Variety of fresh fruit and juice.

**MILK:** Choice of fat free, 1% or fat free chocolate or strawberry.

**PROTEIN:** Egg and Cheese on a bagel, yogurt, string cheese and hard boiled egg.

Take advantage of this wonderful opportunity to start your child's day off right. For more information, please contact Bryn Ernst at 971-2090 ext. 6010.