

## 2020- 21 BREAKFAST IN THE CLASSROOM PROGRAM

### *Why Breakfast in the Classroom*

Breakfast is the most important meal of the day. Your body sleeps through the night but uses energy (or calories) to keep your normal bodily functions working. Things like your heart beating and your lungs breathing. When you wake up in the morning your body's "fuel tank" is on "E" and needs to be refilled.



Just like a car that has no fuel, the body doesn't run well without fuel! The better the fuel the better the body runs!

Eating a wholesome, well-balanced breakfast filled with whole grains, fiber, fresh fruits, lean proteins and milk is a great way to put fuel in the body and jump start your morning! Children that eat good breakfasts have less tardiness, visits to the nurse; fewer absences and most importantly are able to learn better in the classroom. They can concentrate and focus on what the teacher is teaching!

### *What is Breakfast in the Classroom?*

Breakfast in the Classroom is a program where Carlisle Child Nutrition Services packages a nutritious breakfast for any student that wants or needs to refuel their body to get that jump start on their day. It is available for ALL elementary kids who attend school. All students, regardless of income may participate in the program. They simply have to tell their teacher they want to have breakfast! There will be a breakfast cart located in the hallways that students may grab and eat in their classrooms where it tends to be a little quieter and receive the nourishment needed for the teachers to successfully teach our children!

#### **How does it work?**

There will be a breakfast cart located in the hallways. If a student decides he or she wants to eat breakfast, the student or instructional aide may grab the bagged breakfast. The teacher will verify who received a reimbursable meal and will be charged to the student's food service account by the kitchen lead. All this happens in the first 15 minutes of the school day so the students are ready to learn!

#### **How much does it cost?**

Our full priced breakfasts cost \$1.95. For \$1.95 students receive 2 whole grains, some days with protein, fresh fruit or 100% fruit juice and milk. For a family that has been approved for free meals at lunch, they will receive breakfast at no cost. For a family that qualifies for reduced priced lunches, they may purchase the breakfast meal at a reduced cost of only \$.30. Nowhere can you get a healthy, nutritious meal for such a small cost!

**For more information please contact  
Gail Hurley (Chartwells Director) at 717-240-6800 Ext. 26804**