



Grab - N- Go Breakfast



Dear Parents,

Are your children enjoying the benefits of Middleburgh's outstanding breakfast program? If not, we encourage them to join the students who benefit from the nutritious, well balanced meals served daily in our school cafeterias.

In addition to hot breakfast items such as egg and cheese breakfast sandwiches and pancakes, Middleburgh is now offering "Grab 'n' Go" breakfast items as a convenient option for students on the go who may not have time to eat breakfast at home.

These affordable, convenient "Grab 'n' Go" items will be available from 7:30 to 9 a.m. daily while breakfast is served. At \$1.50 (or just 25 cents for students eligible for reduced lunch), "Grab 'n' Go" is less expensive than common convenience store items and offers students a great way to start their day with a healthy meal.

Nutrition and learning go hand in hand. Studies have shown that students who eat full, nutritious meals have better attention spans and classroom behavior, and improved mood and cognitive function.

Students can pay for their meals with cash; bring a check from home made out to "MCS Food Service"; or use the MySchoolBucks.com system, where parents can add funds to a child's account using an easy and secure online payment service.

Families can apply for free and reduced-price meals at any time during the school year. Applications and more information are available on the district website, under "Food Services."

For more information about school meals, contact the Food Services office at (518) 827-3813.



