The Breakfast Challenge!

Getting out the door in the morning can be a real challenge, and getting a good breakfast to start the day doesn’t happen easily. Children and adults who eat a healthy breakfast are more likely to:

* Meet daily nutrient requirements
* Have better concentration
* Be more creative
* Be more physically active
* Have better problem-solving skills

Some suggestions for a quick and healthy breakfast:

* Fresh fruit and granola bar
* Low fat yogurt with fruit
* Bagel with nut butter
* Instant oatmeal with fruit
* Toast with nut butter or cheese
* Crackers with cheese or nut butter

We offer breakfast programs at the start of each school day at Braeburn, Bugbee, Charter Oak, Smith, Webster Hill, Whiting Lane and Wolcott, and also have programs at all middle and high schools. A complete meal is just $1.25 (high school price is $1.50) and includes whole grains, lean proteins, fruit and milk. Take the pressure off getting out the door in the morning and have your child join us for breakfast!

Student lunches are $2.75 at elementary schools and $3.00 at middle and high schools. Families can apply for free or reduced price meals at any time during the school year. Any student who is approved for free or reduced lunch, is automatically eligible for free breakfast. All students are set up in our system for a pre-paid account which can be activated by sending a check made out to West Hartford Nutrition Services, or go on line to PAYPAMS.com to get an account started. Students use their school ID for their cafeteria account number.

Thank you for your interest in our program, and we look forward to serving you!

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 Food Service Director

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