

# APPS Food Services: "First Things First"

## BREAKFAST SERVED IN ALL SCHOOLS



### Breakfast @ School for first class learning!

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#### FOR A COMPLETE AND BALANCED BREAKFAST:

- \*Choose 1 serving of fruit, 100% fruit juice, or vegetable
- Choose at least 2 other delicious and nutritious options. We serve both hot and cold breakfast menu items everyday:
  - Healthy whole grain entrée options
  - Healthy protein entrée options
  - Low-fat White Milk or Fat-Free Chocolate or Strawberry Milk, and 100% fruit juice available with all meals.

\*DON'T FORGET!\*

\*STUDENTS MUST HAVE ONE SERVING OF FRUIT, JUICE OR VEGETABLE TO MAKE A COMPLETE MEAL\*

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**Please join us for breakfast every day in all school cafeterias!**

#### BREAKFAST TIMES:

##### ELEMENTARY

8:05 am until 8:30 am

##### MIDDLE SCHOOL AND HIGH SCHOOL

7:00 am until 7:35 am

##### COMMUNITY SCHOOL

7:15 am until 7:55 am

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#### BREAKFAST PRICING:

- **FREE** breakfast for students who qualify for free meal benefits
- Only **\$0.30** for students who qualify for reduced meal benefits

#### Still a great value for full pay students for a complete breakfast:

- \$1.25 for full pay students at all grade levels
- \$1.65 for staff at all buildings

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**Free and Reduced Priced Meal applications available in all school offices or on the District website**