

IUSD/Westpark Breakfast Program

Starting Monday, February 1st, Westpark will implement “breakfast” with its food service program. At the recess/nutrition break we will offer the IUSD Nutrition Services Elementary Breakfast Menu along with snack items for children to purchase.

A survey of students last December yielded that many students were not eating breakfast or snack. Eating breakfast or a mid morning meal can help improve math, reading, and standardized test scores. This meal helps children pay attention; perform problem-solving tasks, and improves memory. Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not. Studies have shown that children who eat in the morning on a regular basis are less likely to be overweight. Eating in the morning as a child is important for establishing healthy habits for later in life. By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein. <http://www.fns.usda.gov/Breakfast/>

IUSD Nutrition Services Elementary Breakfast Menus is \$2.00. If a student qualifies for a reduced price meal, the cost is \$0.30. If a student qualifies for a free meal, they receive breakfast at no charge. Below is a sample of the January menu.

JANUARY
ELEMENTARY BREAKFAST MENU
ENTREES
(Choose 1)
BREAKFAST CINNAMON ROLL
Baked Fresh Daily in Our Own Bakery
or
BREAKFAST CHEESE ROLL
Baked Fresh Daily in Our Own Bakery
or
BAGEL-FULS
or
PB JELLY/UNCRUSTABLES
or
CEREAL or BROWN SUGAR POPTART with ONE of the choices below:
Following food items come *with cereal or pop-tarts only*
Jungle Crackers
Sunflower Kernels
SIDE
(Choose 1)
FRESH FRUIT
or
JUICE
AND
MILK
(Choose 1)
1% White Milk or Non-fat Chocolate/White

Snack items available include items such as granola bars, cereal bars string cheese, goldfish crackers, sunflower seeds, fruit, and milk. Granola and cereal bars are \$1.00. Goldfish crackers, sunflower seeds, string cheese, and fruit is \$.50. Milk is \$.75.

We hope you will use this program! Please visit the [Nutrition Services](#) webpage for more information!