



Dear Parent/Guardian:

Monday March 5 through Friday March 9, 2012 is National School Breakfast Week. Did you know.....

- Research shows that students who eat a complete breakfast perform better, have better attendance and have more energy throughout the day.
- Children who eat breakfast have higher test scores than those who do not start their day with breakfast.
- Children who eat breakfast have better overall nutrition and healthy body weight
- The Iroquois Central School District proudly offers a hot, healthy, and complete breakfast to **all** students in **all** buildings 5 days a week?

We will be featuring a special menu filled with fun breakfast choices for your child to create a delicious and healthful breakfast. This menu is on the reverse side of this letter. Please join Personal Touch and the Iroquois School District in promoting breakfast and helping your child improve their academic performance and their overall well being.

Here are a few things you will need to know:

- Breakfast is served in all buildings at the time of arrival until their homeroom begins.
- Breakfast price is \$1.00
- If your child currently qualifies for the districts free and reduced meal program they are eligible for free or reduced breakfasts.

JOIN US FOR BREAKFAST ALL WEEK AND SEE THE DIFFERENCE BREAKFAST CAN MAKE!!!!