



Dear Kennedy Parents:

If there is a way to be less hurried in the morning, would you take advantage of it? If there is a way to improve your child's grades, would you consider it worthwhile? AMP UP with Breakfast could be the answer!

These days, finding the time to fit a healthy breakfast into your child's daily routine, is probably just as difficult as fitting it into your own. Studies show that children who acquire the breakfast habit early are less likely to develop illness, while successful in maintaining a healthy weight, good grades, solid attendance, and overall performance. It is with this knowledge that we created a breakfast program to offer you a convenient solution that will allow you to start your child's day off right, while taking something "off your plate".

A family health study performed by Kellogg's, in 2005, concluded that parental influence is the most common way children learn about healthy eating and lifestyle habits. In order for breakfast to be successful we will need your support and commitment to ensure your child's participation.

The full price of breakfast is \$1.25, and the reduced price \$.30. The same prepayment and account system that is used for lunch will also be used for breakfast. Students who qualify with the USDA will receive their breakfast for free or at a reduced price. If you have any questions feel free to contact me.

Sincerely,

Stephen Marshall

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2009

12
SPOT

December

Breakfast Menu

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



Special News...

Served Daily

Cereal
Bagel
Muffin

Milk
Juice
Fresh Fruit

**Join Us For Breakfast Beginning Wednesday
December 16**

		16 Sausage Egg & Cheese on English Muffin	17 Pancakes & Syrup	18 Ham Egg & Cheese on Bagel
21 Sausage Egg & Cheese Biscuit	22 Cinnamon Glazed French Toast	23 Bacon Egg & Cheese on English Muffin	24 No School	25 No School

Have a Safe December Break!

Menus are subject to change without notice.