

# Start the Day with School Breakfast!

Did you know that AKFCS offers a healthy breakfast every day? Now it will be twice a day. 7:00 AM in the cafeteria OR transitioning from 1<sup>st</sup> to 2<sup>nd</sup> period.

## Why having school breakfast is so important?

### Increased Productivity

Students who eat school breakfast have better attendance rates, improved behavior, decreased tardiness, and more likely to have better comprehension and memory in class.

### Better Health

School breakfast can help you protect against obesity and negative long-term health outcomes. It can also stop hunger-related stomach aches and headaches, decreasing visits to Nurse Wendy.

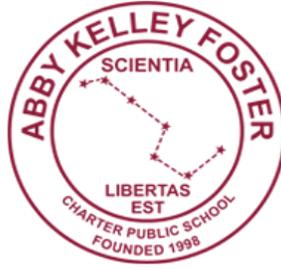
### Easier Mornings

Eating school breakfast helps save money and gives families one less thing in the morning to worry about! You can reliably eat a healthy, balanced meal every day.

- School Breakfast is available to all students, every day.
- School breakfast includes fruit or vegetables, whole grains, and protein, making a nutritious start to the day.

**Breakfast Location:** Kiosk on the 1<sup>st</sup> floor outside of Ms. Puliafico's Office  
**Breakfast Time:** Between 1<sup>st</sup> & 2<sup>nd</sup> period classes  
**Menu can be found at:** Posted in the lobby, cafeteria and at [Our website, www.akfcs.org](http://www.akfcs.org)





## *Second Chance Breakfast*

6/6/2019

Dear Parent/Guardian,

When students start the day with a healthy meal, they are more likely to retain what they learn in class, behave better, and experience better health outcomes. School breakfast is one of the best ways to ensure students receive a nutritious meal at the start of the school day.

Abby Kelley Foster Charter School now offers a Second Chance Breakfast every morning to all students. Students will have the opportunity to purchase a Grab N' Go meal and can eat their breakfast in their classroom after the school day has begun. Our regular scheduled breakfast will continue as usual. The Breakfast After the Bell Program will allow students who were not able to attend the scheduled breakfast, a chance to eat a nutritious breakfast after the first instructional bell. Please be mindful that 2<sup>nd</sup> breakfasts are not allowed to be purchased and students must have their school IDs in order to receive the **BATB Grab N' Go**. Second Chance Breakfast will be served from 8:00 to 8:15. A cart will be located in the front hall of the middle school building. All students are welcome to participate Monday through Friday.

If you would like more information, please feel free to contact me at 508-854-8400 x 2635.

Sincerely,

**Stephanie Collins**  
**Director of Nutrition Services**