



## FARMINGTON SCHOOLS "GRAB 'N GO" BREAKFAST

### **ATTENTION Farmington Elementary and Middle School Students!!**

This school year your schools will be offering an expanded "Grab 'n Go" Breakfast option when you arrive at school. Breakfast carts will be located at a central location in the school and will be available **15-30 minutes before school starts**.

For 1<sup>st</sup>-8<sup>th</sup> graders, the cost is \$1.30 per meal, and there is no charge if the student participates in the Benefit Program. Kindergarteners can eat free! Students may select a milk, fruit, grain and a protein option for their breakfast. All options meet the new and improved guidelines for nutritious school meals and snacks set by the Institute of Medicine. So you can be sure students are receiving a nutritional powerhouse to get their day started right! Some of the delicious items that will be offered include:

- \* Hard-Boiled Eggs
- \* Cheese Stick
- \* Apple or Blueberry Muffins
- \* Cereals
- \* Fruit (apples, bananas, pears, raisins)
- \* Local apples from Circle K Orchard in River Falls, Wisconsin (available Sept- Dec)
- \* Breakfast Wraps (Middle School Only)
- \* French Toast Sticks (Middle School Only)
- \* Pancake on a Stick (Middle School Only)

Get your day started the right way with an awesome and healthy breakfast with your friends at school!

