

# CHARGER CAFÉ CHATTER

February 2012



## National School Breakfast Week

The week will be celebrated March 5-9 with the theme of "Go for Gold" and will highlight how eating a healthy, balanced breakfast at school helps students to *shine*.



### Breakfast items

Yogurt with granola  
Sausage n' whole grain biscuit  
Chicken n' whole grain biscuit  
Whole grain breakfast pizza  
Bagel with low fat cream cheese  
Pop tarts  
Whole grain pop tarts  
Low sugar cereals  
Fresh fruit  
Canned fruit  
Assorted fat free and low fat milks  
Assorted fruit juices

Breakfast really is the most important meal of the day for kids, as it provides the necessary energy to get set for a day of learning and achievement. Eating breakfast at school can give children the edge in higher academic scores, improved behavior, and reduced tardiness.

*helpful describing picture or graphic.*

Watch for special events happening March 5-9 in our café.



Breakfast served from  
7:15-7:50 am

\$1.25 for complete  
breakfast

**Welcome**  
to our newest café employee,  
Starla Knox.

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