DATE

Dear Parents,

[School name] is committed to ensuring that all of our students start the day with a healthy breakfast. Kids who eat breakfast tend to miss less school, get better grades and are more likely to graduate high school. Our school now offers breakfast in the classroom so that all students have an opportunity to eat breakfast and get the fuel they need to learn. Plus, when kids eat together, it creates conversation and friendship.

**Breakfast in the classroom.** We made the decision to offer breakfast in the classroom after speaking with many of our students. We found that students are skipping meals during school and at home. We want our students to start the school day ready to learn. Breakfast is now served to our students in the classroom after the start of the school day. Teachers begin lessons as usual during breakfast time.

**School breakfast is healthy.** School breakfast always includes milk, fruit or juice and whole grains. School breakfast items often have less sugar, sodium, fat and calories than breakfast items sold in stores. Our school breakfast is healthy and tasty. We are proud to serve breakfast that includes fresh, local food. We encourage you to encourage your child to eat school breakfast.

**School breakfast helps families save time and money.** School breakfast saves time at home during busy mornings. You don’t have to worry about your child rushing or skipping breakfast. We take care of breakfast at school! Plus, school breakfast is affordable and can help all families save money.

**Participating in the school breakfast program is voluntary.** We understand that you may prefer to provide breakfast for your child at home. Participating in the school breakfast program is your choice.

**If your child qualifies for free or reduced-price meals:** Your child will receive breakfast in the classroom. You do not need to do anything else. However, you can choose that your child not receive breakfast in the classroom, although we do not recommend this. If you would like your child to bring breakfast from home, we ask that you donot opt out, as your child’s school breakfast will be donated to a classmate.

If you do not want your child to receive breakfast in the classroom, check the box on the back of this letter.

**If your child does not qualify for free or reduced-price meals:** All of our students are automatically enrolled to receive breakfast in the classroom. Unfortunately, we are unable to provide school breakfast free of charge to all students. If your child does not qualify for free or reduced-price meals, your child will automatically be charged for breakfast. Breakfast costs [$].

If you do not want your child to receive breakfast in the classroom, check the box on the back of this letter.

**To all parents:** Please note that if your child is eating breakfast in the classroom, he/she will not be able to get breakfast from the cafeteria during the breakfast break between 10:00-10:55am without incurring an extra cost.

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| --- | --- |
| I do not want my child to eat breakfast in the classroom with his/her classmates. | |
| Student’s Name: | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Parent’s Signature: | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

If you have questions, please contact the Food and Nutrition Services Department at XXX-XXX-XXXX.

Sincerely,

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