

# Discover



# at ZM!

## PARENTS

Are you worried about your child not eating breakfast? Consider the option of breakfast at school. It fills a need when family schedules are rushed, or a child is unable to eat early in the morning. School breakfasts are low in cost and prepare your child to learn.



## WHY EAT BREAKFAST?

- \* It's a great way to spend time with friends
- \* Breakfast at school costs less than at the convenience store.
- \* Starting the day with a healthy breakfast revs your metabolism and keeps it going strong for the rest of the day.
- \* Studies show that when you eat breakfast, you are less likely to overeat during the day.

## WHAT'S FOR BREAKFAST?

CEREAL  
TOAST  
MUFFINS  
SWEET ROLLS  
PANCAKES  
HOT CEREAL  
BAGELS  
WAFFLES  
FRUIT  
YOGURT  
MILK



For more information on the School Breakfast Program or other school meal programs, contact ZM Schools or call/email:

School Nutrition Programs  
mde.fns@state.mn.us  
651-582-8526800-366-8922  
(toll free MN only).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Bldg, 1400 Independence Ave SW, Washington, D.C. 20250-9410 or call 202-720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

## STUDENTS

Too tired or in a hurry in the morning? Try breakfast at school! It's a great way to spend time with friends. Eating breakfast gives you brain energy to think clearly in class and gets you "charged up" for the day. Breakfast has vitamins and nutrients for a strong and healthy body.



- \* Breakfast is served daily at each site beginning at 7:30 a.m.
- \* Students riding the shuttle bus have ample time to enjoy breakfast.
- \* Cost is just \$1.65. If you are approved for free/reduced meals, breakfast is free!
- \* Breakfast is free to all kindergarten students.