

## DMS BREAKFAST PROGRAM

DMS students can purchase a basic breakfast in the cafeteria beginning at 8:15 AM. Students who get dropped off may enter the main entrance door beginning at this time, not before, to purchase breakfast. The cost of breakfast is \$1.50.

Only students that are eating are allowed to enter school before the 8:35 bell. Students who are bused will have to quickly get off the bus and go straight to the cafeteria if they want to buy breakfast. Enter through the middle seventh grade doors, and go left towards the sixth grade side. Again, if students are not getting breakfast they need to wait for the 8:35 bell to enter school and there are no locker stops as hallways need to remain clear.

Although students are permitted to leave the cafeteria and go to lockers when the 8:35 bell rings, breakfast ends at 8:42 at which point they have 3 minutes to go to their locker and get to class on time. No food or drink is allowed to leave the cafeteria. If a student's bus is late and there is no time on a given day then you won't be able to get breakfast.

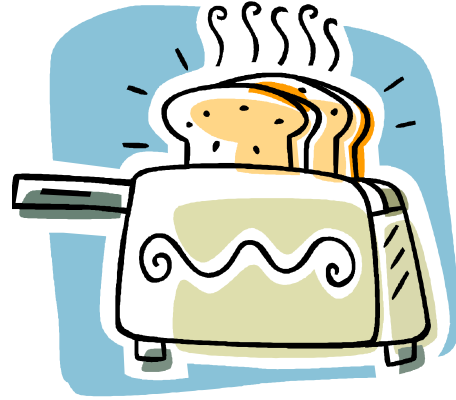
Dates that breakfast will **not** be available are listed below:

September 16 September 30	October 14 October 28	November 4 November 18	December 2 December 16	January 13 January 27
February 10 February 24	March 24	April 14 April 28	May 12 May 26	

## Amp Up for Breakfast!!!

Morning Checklist:

- ✓ Backpack
- ✓ Homework
- ✓ Books
- ? Breakfast



Breakfast is the most important meal of the day. Studies show children who eat breakfast are more alert and less tired during the day. District 300 now offers breakfast at Dundee Middle School. With this new program in place schools expect to see a significant improvement in student performance in and outside the classroom.

Students can enjoy great-tasting morning favorites, such as fruits, cereals, breakfast sandwiches, yogurt and juice beverages.

Prices:

Paid Students:	\$1.50
Reduced Students:	\$0.30
Free Students:	Free
Adult Breakfast:	\$2.00

### 5 Reasons why you should eat school breakfast:

- 1. Children who eat breakfast perform better on standardized achievement tests and have fewer behavior problems in school.**
- 2. Eating breakfast has an advantageous effect on late-morning mood, satiety and cognitive performance.**
- 3. Eating breakfast keeps you thin.**
- 4. Breakfast is delicious.**
- 5. Breakfasts served as part of the SBP provide one-fourth or more of the daily recommended levels for key nutrients that children need.**

**¡Amperio para arriba para el desayuno!!!**

**Lista de comprobación de la mañana: Libros de la preparación del petate ¿? El desayuno del desayuno es el menú del día más importante. Los estudios demuestran que los niños que comen el desayuno sea más alerta y menos cansado durante el día. El distrito 300 ahora ofrece el desayuno en Dundee Middle School. Con este nuevo programa en lugar las escuelas esperan ver una mejora significativa en funcionamiento del estudiante dentro y fuera la sala de clase.**

**Los estudiantes pueden gozar de favoritos de la mañana de la grande-prueba, tales como frutas, de los cereales, de los emparedados del desayuno, del yogur y de las bebidas del jugo.**

**Precios:**

**Estudiantes pagados: \$1.50**

**Estudiantes reducidos: \$0.30**

**Estudiantes libres: Desayuno libre**

**del adulto: \$2.00**

**5 razones por las que usted debe comer el desayuno de la escuela:**

- 1. Los niños que comen el desayuno se realizan mejor en pruebas estandarizadas del logro y tienen pocos problemas del comportamiento en escuela.**
- 2. Comer el desayuno tiene un efecto ventajoso el tarde-mañana humor, saciedad y funcionamiento cognoscitivo.**
- 3. Comer el desayuno le mantiene fino.**
- 4. El desayuno es delicioso.**
- 5. Los desayunos sirvieron como parte del SBP proporcionan un cuarto o más de los niveles diariamente recomendados para los alimentos dominantes que los niños necesitan.**