



LEONARD MIDDLE SCHOOL BREAKFAST IN THE CLASSROOM MENU



DAILY BREAKFAST SPECIALS				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EGG & CHEESE WRAP MILK AND FRUIT OR FRUIT JUICE	BREAKFAST PIZZA MILK AND FRUIT OR FRUIT JUICE	WG MUFFIN OR MUFFIN TOP MILK AND FRUIT OR FRUIT JUICE	FRENCH TOAST STICKS MILK AND FRUIT OR FRUIT JUICE	WG DONUT MILK AND FRUIT OR FRUIT JUICE
Daily breakfast entrée options also include cereal, pop tarts & bagels with cream cheese				

Breakfast in the Classroom:

Current research continues to tell us that breakfast is the most important meal of the day when it comes to supporting children's cognitive development, academic achievement, and health (both mental and physical). However, our lives today are hectic and sometimes finding time to fit breakfast in before school starts is a challenge. When children get to school the first thing they want to do is find their friends, but when the bell rings to start school it signals a time to settle down and start their day.

Breakfast in the classroom will be offered again this year at Leonard Middle School in all grades. This program allows children to be outdoors until the bell rings. Once they come into school and get started on their day, a cart will go around to the classrooms to offer breakfast to anyone who wants it. Students can then settle into their morning routine with their teacher and their classmates while they have their breakfast.

Please remember, this program is voluntary. If your child has time for breakfast at home that is wonderful! They do not have to have breakfast at school unless you want them to. If you would like them to opt out of the program, please send a note in or call the RSU 34 Food Service Office at 827-3908 and we will make a note of your wishes.

If your child is eligible for free or reduced meals, there is no charge for breakfast. If your child does not qualify for free or reduced meals, the charge for breakfast is \$1.50.

If you do not want your child to eat breakfast, please call the food service office at 207-827-3908 to let us know. Otherwise, your account will be charged and you will be liable for payment. Accounts must be kept current. Anyone owing more than \$25.00 may not continue to charge meals.

Your feedback is important to us. If you have questions, comments or observations that you would like to share, please feel free to contact our office.

GLUTEN FREE AND OTHER OPTIONS ARE AVAILABLE UPON DOCUMENTATION OF A SPECIAL DIET PRESCRIBED BY A PHYSICIAN. PLEASE CALL 207-827-3908 WITH QUESTIONS.

WE DO TRY TO NOTIFY STUDENTS AND STAFF WHEN WE NEED TO MAKE SUBSTITUTIONS. HOWEVER, SOME THINGS ARE UNAVOIDABLE SO MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

This menu should not be used for and does not provide menu planning for any child with a medical condition or a food allergy. Menus are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions, including allergies.

RSU #34 Food Service Director: Stephanie Salley: stephanie.salley@rsu34.org

RSU #34 Food Service Clerk: Kim Hayward: kim.hayward@rsu34.org

Office Phone: 207-827-3908