

Breakfast Program is Growing

Parents are realizing that the breakfast served at school is not only cost effective (yes, only \$1.00 or \$1.25 at BHS), it is what nourishes children so they can excel both academically and socially. Many parents don't realize that they can join their children for breakfast! Come in and have breakfast with your children for only \$2.00 (adult price). Some schools do offer coffee for an additional charge.

**Biddeford's Nutrition
Department...Fueling
Academic Excellence**



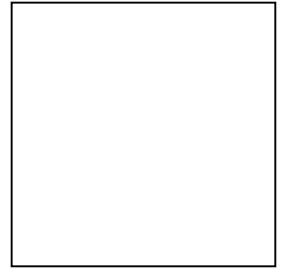
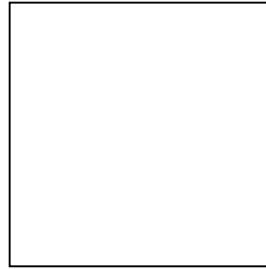
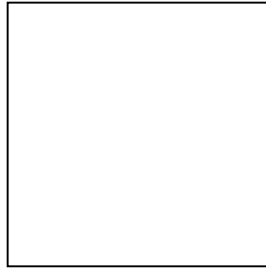
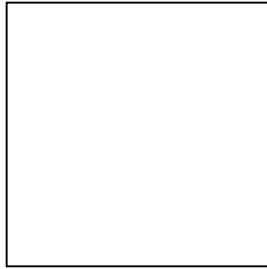
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Everyday we offer 2% white, 1/2% chocolate, 1% strawberry as well as skim milk with every breakfast

Choice of:
Pancakes/Syrup
Bagel/Cream
Cheese or Cereal
Milk
Fruit or Juice

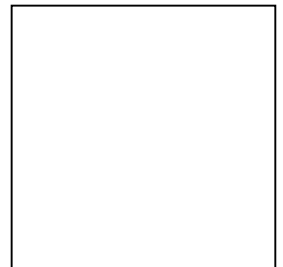
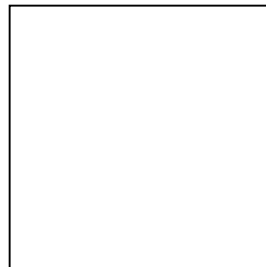
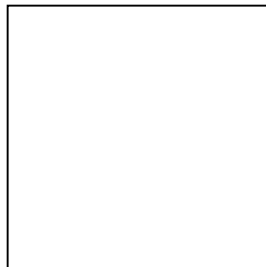
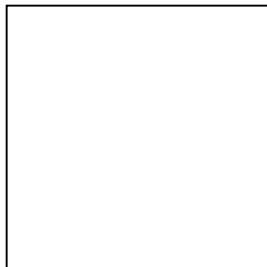
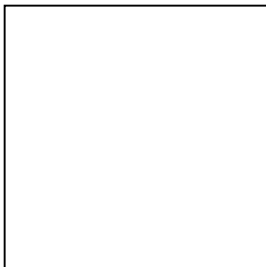
Choice of:
**Scrambled
Eggs/Toast
Bagel or Cereal
Milk
Fruit or Juice**

Choice of:
Baked Muffins
or Coffee Cake
Bagel or Cereal
Milk
Fruit or Juice

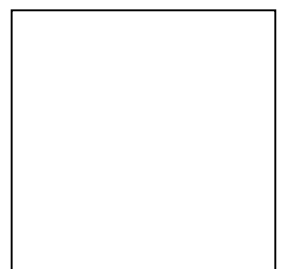
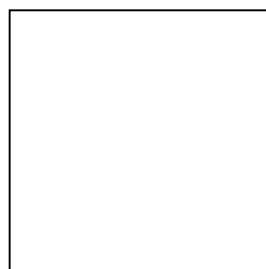
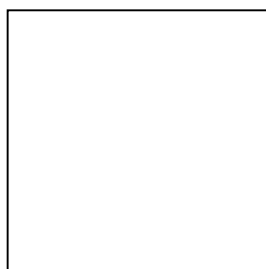
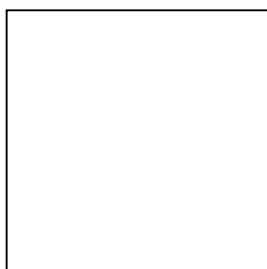
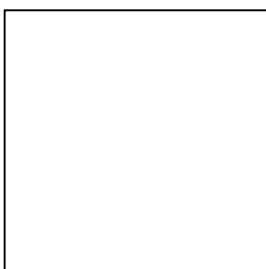
Choice of:
**Breakfast
Sandwich
Bagel or Cereal
Milk
Fruit or Juice**

Choice of:
**French Toast
Sticks
Bagel or Cereal
Milk
Fruit or Juice**

Everyday we offer a variety of fruit with every meal. Everyday we offer at least one type of fresh fruit.



All Lunch Balances from June have been carried forward to September 2009.



Were Your Children Eligible for Free or Reduced Priced Meals Last June?

A new application is due before October 1st. Simply submit the application that your child brings home so that the free/reduced lunch benefits remain constant and without interruption. The free/reduced eligibility status of June will only carry through September. **You will not receive any notification in the mail.** If you do not complete the application, your child will automatically become a full paying student on October first and any meals your child takes, **you will be financially liable for.**

Are you eligible for reduced priced meals? Maine legislation now allows for students eligible for reduced priced breakfast receive their breakfast for free! The State of Maine will be paying your \$.30 share!

Any questions, comments, compliments or concerns, please call Sandy Lewis, Child Nutrition Supv. at 282-8276

Cereal Is Always Available



Notice:
Breakfast is
\$1.00 K-8
\$1.25 at BHS

**Biddeford
Breakfast
School Menu**