

## Evergreen Union School District

10/18/2019

Parents/Guardians,

Every year your family receives an application for Free/Reduced Meals. It is important to fill out this form and return it to the school for two reasons:

1. The application lets us know if your child is eligible for free or reduced price school meals. Children from families that earn below a certain income level can receive free or reduced price breakfast and lunch at school.
2. Applications are used to determine the level of funding our school district receives for resources for students such as text books, computers, classroom supplies, etc.

***It isn't too late!*** Support the School Meal program today by completing your application @ <https://family.titank12.com/Y439EE>

If you have any questions or need assistance, feel free to contact Camden Holub at 347-3411 ext. 7528.

### Eat Breakfast at School!

We know that mornings can be really crazy and busy. Sometimes there might not be time for a good breakfast.

We have good news for you! ***Breakfast is served at both the Middle and Elementary School Cafes.*** School breakfast will give your student a healthy start to the day. A nutritious breakfast helps students pay attention, perform problem-solving tasks and improves memory so they can learn more in class. Studies show that children who eat breakfast are more likely to behave better in school and get along with their peers than students who do not. Children who eat breakfast are more likely to have fewer absences and incidents of tardiness than those who do not.

Eating breakfast as a child is important for establishing healthy habits for later in life. Help your child start the day right with school breakfast! If you qualify for free/reduced price meals, your student qualifies eat breakfast also. Reduced breakfast is only \$.30. The price for a full paid breakfast is only \$1.35.