

NORTH PUTNAM COMMUNITY SCHOOL CORPORATION

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FOR IMMEDIATE RELEASE

Getting More Students to Begin their Day with Breakfast

“Wake Up to School Breakfast” Encourages North Putnam Community School Corporation Families to Choose Breakfast at School

Busy weekday mornings make it a challenge for families to find time for a healthy breakfast. However, US Department of Agriculture [data](#) show that more students are starting their day with nutritious breakfast in their school cafeterias. To encourage more families to take advantage of the healthy choices available with school breakfast, North Putnam Community School Corporation will recognize National School Breakfast Week during March 7-11, 2016.

The National School Breakfast Week (NSBW) campaign theme, “Wake UP to School Breakfast”, reminds the entire school community that school breakfast provides a healthy, energizing start to the day for students. Students will be encouraged to “Wake UP” their minds and bodies during March 7-11 with special menus, decorations, cafeteria events, and more.

Breakfast Menu:

Monday: Sausage Breakfast Sandwich or Assorted Whole Grain Reduced Sugar Cereal with Yogurt, Choice of 100 % Fruit Juice and Choice of Fat Free or 1% Milk and Assorted Fruit.

Tuesday: Pancakes with Sausage, Optional condiment of Syrup, or Assorted Whole Grain, Reduced Sugar Cereal with Yogurt, Choice of 100% Fruit Juice and Choice of Fat Free or 1% Milk and Assorted Fruit.

Wednesday: Breakfast Biscuit and Gravy or Assorted Whole Grain, Reduced Sugar Cereal with Yogurt, Choice of 100% Fruit Juice and Choice of Fat Free or 1% Milk and Assorted Fruit.

Thursday: French toast Sticks with Scrambled Eggs, Optional condiment of Syrup, or Assorted Whole Grain, Reduced Sugar Cereal with Yogurt, Choice of 100% Fruit Juice and Choice of Fat Free or 1% Milk and Assorted Fruit.

Friday: Whole Grain Donut or Assorted Whole Grain Reduced Sugar Cereal with Yogurt, Choice of 100% Fruit Juice and Choice of Fat Free or 1% Milk and Assorted Fruit.

“A healthy breakfast at the start of the day is one way to ensure students are getting the best education they can,” said Robin Smith, North Putnam Food Service Director. “National School Breakfast Week helps us educate parents and students about all the healthy and appealing choices we offer”. The district serves over 400 breakfast meals daily through the federally funded School Breakfast Program. School nutrition professionals in North Putnam prepare breakfast and lunches every day that meet federal nutrition standards – limiting fat, calories and sodium – and encourage students to choose from the fruits, vegetables and whole grains offered with school meals.

National School Breakfast Week was launched in 1989 to raise awareness of the availability of the School Breakfast Program to all children and to promote the links between eating a good breakfast, academic achievement and healthy lifestyles. The “Wake Up to School Breakfast” campaign is made possible by the nonprofit School Nutrition Association and Kellogg’s Specialty Channels.

For more information about North Putnam Community School Corporation Lunch Program, visit www.nputnam.k12.in.us

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