

**GREAT MEADOWS REGIONAL SCHOOL DISTRICT**  
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Superintendent/Special Services



**Samantha Westberg**  
Business Administrator/  
Board Secretary

August 22, 2024

Dear Families,

Great Meadows Regional School District is committed to ensuring that all of our students start the day with a nutritious breakfast. Kids who eat breakfast tend to miss less school, get better grades and are more likely to graduate high school. This letter is to inform you that our school will begin serving **breakfast in the classroom** on Thursday, September 5<sup>th</sup>, 2024.

**What is breakfast in the classroom?** Breakfast will be served to students in their classrooms after the bell rings. Students will have an opportunity to eat breakfast from arrival (GMMS-7:50, Central-8:45) through the end of 1<sup>st</sup> period. Breakfast is served grab and go style, with students purchasing breakfast at designated areas and brought returning to the classroom.

**Why did we make this change?** Serving breakfast in the classroom gives more students the opportunity to eat breakfast at school. It removes common barriers like students missing breakfast because they arrive late or because they would rather skip breakfast to hang out with their friends outside of the cafeteria. Now all students have the opportunity to eat together in their classrooms and start their day ready to learn.

**What is served for breakfast?** School breakfast always includes milk, fruit or juice and whole grains. Even though breakfast items provided to students at school sometimes look like the same breakfast items found in stores, school breakfast items have more whole grains and less sugar, sodium, fat and calories. You can view our breakfast menu here: <https://gmrzd.nutrislice.com/>

**How much does school breakfast cost?** Breakfast is available for \$3.00 and free for families that qualify for free and reduced lunch.

If you have questions, please contact your building principal.

Sincerely,  
GMRSD Administration