

Raider Nutrition News



Winter, 2012



It's National School Breakfast Week and this year's theme, "School Breakfast—Go for Gold" highlights how eating a healthy balanced breakfast allows children to shine. The activities at our school will help students learn about the importance of making healthy food choices and being active

Why School Breakfast?

Breakfast really is the most important meal of the day for kids, as it provides the necessary energy to get set for a day of learning and achievement. Eating a nutritious breakfast at school can give children an extra edge. For example:

- Higher Academic Scores—Studies have shown eating breakfast at school results in higher test scores.
- Improved Behavior—Hungry children are more likely to have discipline problems. But teens who eat regularly are less likely to be suspended from school.
- Reduced Tardiness—Kids who participate in the School Breakfast Program are late or absent from school less often.

Summer Meals

Reynoldsburg offers summer feeding from 6/11/2012 until 8/17/2012.

The open sites will be Herbert Mills Elementary at 6826 Retton Road. Reynoldsburg mobile sites will be announced at a later date.

Lunch Prices

Grades 1-6:	\$1.65
Grades 7-12:	\$2.25
Reduced Lunch:	\$.40
Breakfast Meals:	\$.75
Grab 'N Go Breakfast:	free

Healthy Tips

- Eat less and enjoy more!
- Avoid oversized portions
- Make half your plate fruits and vegetables
- Switch to fat-free or low-fat (1% milk)
- Drink water instead of sugary drinks
- Move more, sit less