

# Grab & Go Breakfast at Our School!

Let's have breakfast! We are beginning a new breakfast program at Mays Chapel ES called "Grab & Go" Breakfast. This popular breakfast option is growing throughout the county and allows us to serve those that choose the school breakfast option an expedient way to get to the classroom and prepare for the day while enjoying a healthy school breakfast! Students go to the cafeteria in the morning as they enter the building to purchase breakfast. Instead of remaining in the cafeteria to eat, students will now take breakfast back to their classrooms! It's a great way to get the most important meal of the day and spend time with your classmates and teachers as students prepare for the day.

## Sample Breakfast items that may be offered:

"Jump Starts" breakfast bags:

Frosted Flakes (reduced sugar)

Graham Crackers

100% Apple Juice

Breakfast Pizza

Oatmeal Chip Bar

Apple Bun

Yogurt

French Toast Stick

Milk and Juice

### Student breakfast prices are as follows:

Paid Breakfast \$1.40

Reduced price \$.30

Parents may send money to put on their child's account or go online to the [My School Bucks website](#) to pay by credit card.

**Students who qualify for free or reduced price lunch also qualify to receive a free or reduced price breakfast!**