



Dear Parent/Guardian:

All schools are participating in a Universal Breakfast Program for the current school year 2018-2019. Breakfast will be available to all students at no charge. Please see the locations and times below:

- All Elementary schools serve breakfast in the classroom 8:30 AM-9:00 AM
- All Intermediate/Middle schools serve breakfast in the classroom 7:30 AM-8:00 AM
- Warren Central High School serves breakfast 7:00 AM-7:20 AM in the cafeteria and at three remote breakfast cart locations at Walker Career Center, the athletic hallway across from Freshmen administration, and across from the Counseling Services Center
- Renaissance School serves breakfast in the cafeteria 8:00 AM-8:30 AM
- Early Childhood Center serves breakfast in the classroom 8:30 AM-9:00 AM

Studies have shown that children who eat breakfast perform better in school. By providing breakfast to all children at no charge, we are hoping to create a better learning environment for our students.

The school breakfast that we serve follows U.S. Department of Agriculture guidelines for healthy school meals. The Universal Breakfast Program cannot succeed without your support; please encourage your children to participate in the school breakfast!

Applications will be distributed this year and will be used to determine eligibility for free and reduced price percentages to be used in non-base years of the program. Breakfast meals will be served to all students at no charge regardless of the eligibility status.

You can access both breakfast and lunch menus including nutrition and allergen information via Nutrislice which is available online and through smartphones! Download the free Nutrislice App from the App Store (iOS) or Google Play (Android) and search for your menus or find them on the web at <https://warren.nutrislice.com/>

Additionally, please see the reverse side of this letter for more information regarding what is offered for school lunch.

If you have any questions about the program please feel free to contact us at 317-869-4441.

Sincerely,

Haley Quade, MA RD CD
Resident Dietitian

This institution is an equal opportunity provider.

Understanding the Lunch Line: A Parent's Guide

Each day, your child is offered a lunch containing the following:

Meat or Meat Alternate,
Grain,
Fruit, Vegetable
and of course, Milk!

While the most nutritious lunch contains all of these options, we understand that sometimes our students do not like some of the items we serve. To make our student customers happy, we like to give them the option to decline items they do not want to eat.

Out of the 5 food groups your student is offered, he must choose at least 3 food groups for his meal. One of the food groups must be a **fruit** or **vegetable**. Some of the menu choices may count as two food groups such as pizza, nachos, cheeseburger, or chef salad!

Here's an example menu:

Cheeseburger on a **Bun**
1/2 cup **Carrots**
1/2 cup **French Fries**
1/2 cup **Peaches**
8oz of **Milk**

So, your child could choose:

Cheeseburger on a **Bun** and **Fries**
Carrots, Peaches and **Milk**
Cheeseburger on **Bun, Peaches** and **Milk**

Of course they can take other combinations or all 5 food groups!

The choice is up to them!

If your child comes home and says she didn't get enough to eat at lunch, ask if she is taking all of her **fruit** and **vegetable** choices!

Don't forget about breakfast! Join us each morning, breakfast is a great way to kick off your child's day!

Breakfast choices are a little different. Students must take at least 3 of the offered items at breakfast, one must be a **fruit** or **vegetable**.