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# BREAKFAST IS AVAILABLE EVERY DAY AT HORIZON!

What is one thing parents can do to ensure that their student is ready to learn, maintain a healthy weight and have fewer discipline problems in school? Simply make sure they eat breakfast! If there's no time at home, **your student can eat breakfast at school each day.**

Breakfast is available to all students in Cherry Creek Schools and **those who qualify for free and reduced-price meals can also receive breakfast each day free of charge.** While this service is available, a number of our students do not participate in the breakfast program on a regular basis.

**Horizon serves breakfast each day 7:45-8:15.**

Menu items at breakfast include breads baked in our bakery, breakfast sandwiches, breakfast burritos, and oatmeal breakfast rounds. Each day there is also a variety of cereal, bagel and toast. In addition to their main entrée students can choose milk and fruit to round out the meal.

Remember that the benefits of a healthy breakfast are virtually endless and can make significant impact in classrooms each day. Students who eat a healthy breakfast at home or at school:

- Are better able to concentrate in the classroom
- Score higher on standardized tests
- Visit the nurse's office less often
- Are better able to maintain their weight

Join us for breakfast each day. If you have any questions about breakfast, contact **Eric J Bergman, Horizon's Kitchen Manager at 720-886-6211.**

There's no excuse for no breakfast!

