



**Are you busy in the morning trying to get ready and out the door?
No time for breakfast? Did you know...**

Your child can eat breakfast at school **EVERY** day? If you qualify for a free or reduced price lunch you are also eligible for a free or reduced price breakfast...

Breakfast prices:

Reduced \$.30

Paid \$1.65 (elementary schools) \$1.90 (middle schools) and \$2.00 (high schools)

Examples of available options:

- Breakfast main entrée of the day
- Breakfast sandwiches (Middle & HS only)
- Whole grain cereals
- Bagel w/ cream cheese

Students who eat breakfast have been shown in studies to have less absenteeism, better behavior, and better overall test scores than those who don't.

School breakfast is a convenient and healthy option for your child(ren), providing a minimum of 25% of the recommended amounts of protein, iron, calcium, and vitamins A and C each day when averaged over the week. School breakfast meals also include fiber while limiting fat, saturated fat, and added sugars.



You may apply for a free or reduced priced lunch at any time during the school year. Applications are available from your school or can be downloaded from our website at www.chclc.org. Completed applications can be submitted to Cherry Hill Administration Building, 45 Ranoldo Terrace, or to the main office in your child's school.

*As always, thank you for choosing Aramark
Anne King*



Breakfast Start Times
 High School – 7:00 am
 Middle School – 7:30 am
 Elementary School – 8:30 am

