



The beginning of the school year brings new opportunities for our students to learn, grow, and succeed. Why not give them a leg up by incorporating school breakfast into their morning routine. Having breakfast in the morning has been shown to increase test scores, improve behavior, and result in fewer trips to the school nurse.

The School Breakfast Program is available to all students every day. Since school breakfasts must meet the USDA's guidelines for nutrition, you can be confident that your child's meal will provide the fuel necessary for learning. By taking advantage of this program, your child will receive more than just a nutritious breakfast and an academic advantage; he or she will be healthier as well.

As we welcome in the new school year, please consider making school breakfast part of your child's morning routine. A nutritious breakfast is served at:

7:40 every morning at Lester B. Sommer Elementary School  
7:50 every morning at Pleasant Hill Elementary School  
7:30 every morning at Sugar Creek Elementary School  
7:40 every morning at Northridge Middle School  
7:55 every morning at North Montgomery High School

If you have questions concerning NMCSC Breakfast Program please contact your individual school cafeteria Kitchen Supervisor at the numbers listed below:

Lester B. Sommer Elementary School: Deb Merryman, 362-3979 ext. 232  
Pleasant Hill Elementary School: Kim Fidler, 339-4403 ext. 232  
Sugar Creek Elementary School: Dottie Rose, 794-4855 ext. 232  
Northridge Middle School: Staci Heide, 364-1071 ext. 634  
North Montgomery High School: Sandy Bradshaw, 362-5140 ext. 287

Breakfast is \$1.10 and reduced breakfast is \$.30.

North Montgomery encourages wellness for our students, staff, and community. If you, your student, or someone you know in the community is interested in joining our wellness team, please contact one of our school cafeteria Kitchen Supervisors.

If you feel your child may be eligible for free or reduced priced meals, please fill out the free and reduced meal and textbook assistance application. Each school year a new application must be filled out; applications are available after mid-July on our website, at individual schools, or at the NMCSC Administrative Office. It may be returned to the school offices or the NMCSC Administrative Office.

We hope your child will join us for breakfast and lunch!

*Karyn Elder*

Director of Food Services NMCSC

This institution is an equal opportunity provider.