

## **Thomaston Public Schools**

### **Food Services Department**

#### **“Power up with breakfast”**

Eat breakfast at school to boost your brain and body power!” We all recognize that hungry children cannot learn, the first step is ensuring that all students begin the school day with a nutritious breakfast at home or at school.

The School Breakfast Program helps to make sure all our students start the school day alert, well-fed and ready to learn. The School Breakfast Program is available to all students every school day. Your child can attend every day or occasionally. These meals provide your child with one-fourth of their nutritional needs each day.

#### **Breakfast times:**

**Thomaston High School 7:00 AM**

**Thomaston Center School 8:00 AM**

**Black Rock School 8:10 AM**

School breakfast is tasty and nutritious. School breakfast is an ideal solution on mornings when kids are running late or parents have early commitments. It is also a wonderful way to make sure your children have a balanced meal to start each day. Try breakfast at school today!

**School Breakfast Information \$2.00 full pay students, .30 cents for reduced students and free for those who qualify. \*\***

\* \*Price is determined by your confidential application for free and reduced priced meals. Children from households whose income is at or below the levels set by the federal Government may be eligible for either free or reduced-price meals.

To apply, please contact your child’s school main office or Nicole Lefebvre, Food Service Director at [nlefebvre@thomastonschools.org](mailto:nlefebvre@thomastonschools.org).