

Breakfast Information

Breakfast is the most important meal of the day and research shows that students that eat a well-balanced breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Concentrate better
- Are more alert and retain more of what they learn
- Maintain a healthy body weight
- Drink more milk and eat more fruit daily

Breakfast is available in all school buildings each morning during the following times:

WWHS: 7:50 am -8:10 am

WWMS: 7:50-8:10 am

Evergreen Elementary School: 8:00 am -8:20 am

Robert D. Wilson Elementary School: 8:00 am -8:20 am

This year, a complete breakfast meal is free for all students.

What's Included in a Breakfast Meal?

Meat (Meat Alternate)

Grains

Fruit

Milk

- Must choose three of the four food groups with one being ½ cup of fruit