



**GREAT NEWS!!!**

**LANCASTER CITY SCHOOLS OFFERS FREE BREAKFAST IN THE CLASSROOM TO ALL ELEMENTARY BUILDINGS.**

Our breakfasts are designed to meet all dietary regulations of the USDA. The food is carefully selected according to calorie, fat, sodium, protein and whole grain requirements. PLUS plenty of fresh fruits and low-fat/non-fat milk.

AND, children like to eat them!

No one has a good day when they start out on empty, so...

**Start your day the right way... with School Breakfast!**

Our Secondary breakfast will be in the cafeterias of General Sherman, Thomas Ewing and Lancaster High School. Students can choose from assorted cold selections or the fresh daily prepared hot meal. The cost is \$1.20 or \$0.30 for reduced price.