



# Fairfield City Schools

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Fairfield City Schools will begin offering breakfast for all students in grades 7-12 effective Monday, August 30, 2010. As part of the Ohio School Breakfast Program, Fairfield City Schools supports research which indicates that students who eat breakfast at school improve their speed and memory in cognitive tests and perform better on standardized tests than those who skip breakfast or eat breakfast at home.

The breakfast menu for grades 7-12 is listed below. The cost will be \$1.00 per student unless the student qualifies for free and/or reduced meals.

Smarties Cereal Mix  
Whole Grain Graham Crackers  
Calcium Fortified Juice (100%RDS Vitamin C)  
Fat Free or Low Fat Milk

Low Fat Strawberry Cereal Bar  
Whole Grain Graham Crackers  
Calcium Fortified Juice (100%RDS Vitamin C)  
Fat Free or Low Fat Milk

Whole Grain, Low Fat Apple Zing Cereal  
Whole Grain Graham Crackers  
Calcium Fortified Juice (100%RDS Vitamin C)  
Fat Free or Low Fat Milk

Apple Granola Breakfast Square  
Calcium Fortified Juice (100%RDS Vitamin C)  
Fat Free or Low Fat Milk

Whole Grain/Low Fat Cinnamon Toasters  
Whole Grain Graham Crackers  
Calcium Fortified Juice (100%RDS Vitamin C)  
Fat Free or Low Fat Milk

Please feel free to contact the Support Services Department at 829-1646, or your school Kitchen Manager should you have questions regarding the Breakfast program.

