

# CAREER PREP HIGH SCHOOL

## Breakfast & Lunch Notification for 2023-2024 School Year

August 16, 2023

ATTN: Students and Families of **Mason Run High School**:

Help start the school day with a well-balanced nutritious meal. Eating nutritious meals helps with concentration, provides energy to last throughout the day, and helps enforce healthier eating habits. Healthy Bodies Fuel Healthy Minds!

This school year, Mason Run High School is offering breakfast and lunch to all students. The breakfast will include healthy options such as whole grain cereals, muffins, fruits, juice, and milk. The lunch will include a meat or protein alternative, a whole grain option such as bread, pasta, fruits, vegetables, and milk. The students will be offered breakfast and lunch each school day; please reference your school calendar for dates. Breakfast will be served upon student's arrival, and lunch is served at 11:00. These meals are at no cost to all enrolled students!

This institution is an equal opportunity provider.

Thank you,

*Andrea Teffer*

*Andrea Teffer, DTR*

**Food Service Director**

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