



École Holy Family Elementary School

Sheryl Ryan, Principal

Bernadette Kolonel, Asst. Principal



**Kids Eat Smart
Foundation**
NEWFOUNDLAND & LABRADOR

Breakfast Program

We are delighted to announce that our awesome Kids Eat Smart Breakfast Program will begin on Monday, October 30, 2017!!

Our Breakfast Program will be offered on Mondays, Wednesdays and Fridays. This is an extra-curricular program so it should not impact instructional time. Therefore, it is important that any student wishing to participate in the Breakfast Program, be here at school prior to 8:55 am. Breakfast will start at 8:40 am and students must return class by 9:00 am.

Our initial menu plan is:

Monday	Wednesday	Friday
Toast with Butter Hard Cheese Fresh Fruit Milk or Juice	Fresh Fruit/Fruit Cup/Apple Sauce Granola Bar Frozen Yogurt Tube Milk or Juice	Cereal Fresh Fruit Hard Cheese/Crackers Milk or Juice

(Please note, this menu is on a trial basis – we will adjust as needed...)

We will be purchasing Ben’s bread for toast. Granola bars will be peanut/nut free. Cereal for now is: Raisin Bran, Cherrios and Rice Crispies. We cannot guarantee everything is completely allergen-free. If your child has food allergies or sensitivities, please discuss safe items for him/her to eat. There should be some food option available for all students.

A huge thank you to all the volunteers who have agreed to help with our Breakfast Program. Anyone else interested in helping, please contact the office for a copy of the volunteer forms and RNC/Vulnerable Sector check forms.

If you have any further questions/concerns, please feel free to contact the office.

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Under the trustee of the NL English School District