



Dear Homestead, Steffen and Lake Shore Parents:

These days, finding the time to fit a healthy breakfast into your child's morning routine, is difficult. Studies show that children who eat breakfast are less likely to develop illness and are more successful in maintaining a healthy weight, good grades, solid attendance, and overall performance.

A recent survey conducted with Middle School students indicated an interest in offering breakfast items. It is with this knowledge that we are offering a morning cart at Steffen and Lakeshore Middle School starting on September 1, 2016. The "Amp Up" breakfast cart will be available at your school Monday – Friday at 7:45 until the bell rings.

The list below is a sampling of the breakfast items that will come with a meal for \$1.40.

- Mini Pancakes with milk & juice or fresh fruit
- Mini Cinni Rolls with milk & juice or fresh fruit
- Assorted breakfast bars with milk & juice or fresh fruit
- Assorted Cereal with milk & Juice or fresh fruit

ARAMARK Education is committed to offering services that parents and students request. If you have questions regarding the AMP UP with Breakfast cart, please contact me.

Thank you,

Pam Janotta
Food Service Director Mequon-Thiensville School District
262-238-5648
Email: Janotta-pamela@aramark.com