



Breakfast program expanding for the 2016/2017 school year

Chino Valley Unified School District will add five new school sites to its breakfast program in the 2016/2017 school year, bringing the program to 29 sites.

New sites include Butterfield Ranch, Eagle Canyon, Litel, and Rolling Ridge elementary schools; and Canyon Hills Junior High.

Other sites already offering breakfast include: Anna Borba, Cattle, Chaparral, Cortez, Dickey, Dickson, Glenmeade, Liberty, Marshall, Newman, Rhodes, and Walnut Avenue elementary schools; Briggs Fundamental and Cal Aero Preserve Academy (K-8); Magnolia, Ramona, Townsend, and Woodcrest junior high schools; Ayala, Chino, Chino Hills, and Don Lugo high schools; Buena Vista Continuation High and Chino Valley Learning Academy.

Breakfast includes a hot entrée or cereal, fruit or juice and milk. Lunch is offered daily at all 33 sites; lunch includes a variety of hot or cold entrée choices, fruits or juice, vegetables and milk.

Breakfast and lunch prices will not change in the 2016/2017 school year. Breakfast is \$1.00 for elementary students and \$1.25 for junior high and high school students. Lunch is \$2.50 at elementary schools and \$2.75 at junior high and high schools.

Students eligible for free or reduced meals are entitled to one breakfast and one lunch daily. The reduced cost for breakfast is 25 cents and lunch is 40 cents throughout the district.

An application for reduced and free meals (including both lunch and breakfast) for the 2016/2017 school year will be mailed to each household in the Chino Valley Unified School District on or before July 1, 2016.

Parents and guardians can apply online for reduced and free meals for their children after July 1 on the Nutrition Services website at <http://www.chino.k12.ca.us/Domain/2231>.

Applications for the 2016/2017 school year will also be available after July 1 at the Nutrition Services Department in the District Office complex at 5130 Riverside Drive, Building #5 Chino. Hours are 7:30 a.m. to 4:30 p.m. Monday through Friday. For information, call (909) 628-1201, ext. 1500.

Why is Breakfast Important?

Statistics show, that eating breakfast is important, especially for children and adolescents. According to the American Dietetic Association, children who eat breakfast perform better in the classroom and on the playground, with better concentration, problem-solving skills, and eye-hand coordination. Eating breakfast can help improve math, reading, and standardized test scores. Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight. Eating breakfast as a child is important for establishing healthy habits for later in life. Schools that provide breakfast to students have shown decreases in tardiness and suspensions as well as improved student behavior and attentiveness.