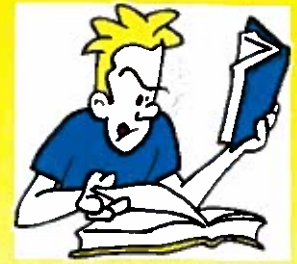




wake up!

to

School Breakfast



Wake Up to Simpler School Days!

Save time on busy weekday mornings. Choose school breakfast! NEW at Cottage Grove High School this year we will be offering a second chance breakfast. Second Chance breakfast offers a breakfast break in the morning, after second period.

How it Works

1. The food service department continues to offer breakfast as normal prior to the start of the day.
2. Time will be built in between second and third period for a second chance at breakfast "Pride Break".
3. Breakfast will be served utilizing carts in three areas of the hallways.
4. Students pick up their breakfast and eat either on their way to their next class or in the classroom when allowed.
5. Only ONE School Breakfast per student per day!
(choose a regular breakfast OR a second chance breakfast.)



School breakfast is healthy, convenient, and cost \$1.40 per meal — great bargain!
FREE to those that qualify for Free or Reduced Lunch

This institution is an equal opportunity provider.



DID YOU KNOW?

School breakfast always includes:

- Fruit and/or veggies offered daily
- Whole grains
- Fat-Free or Low-fat milk
- Limits on calories, fat, and sodium

