

Breakfast at Jamestown City Schools

Did you know your child can eat breakfast and lunch at school for free?

Under USDA's "Community Eligible" provision, all students attending any of the Jamestown schools are eligible to receive one breakfast and one lunch daily at no charge.

How Children Benefit

Studies conclude that students who eat breakfast increase their math and reading scores as well as improve their speed and memory in cognitive tests. Research also shows that children who eat breakfast at school – closer to class and test-taking time – perform better on standardized tests than those who skip breakfast or eat breakfast at home. Evidence has shown that children who eat school breakfast are less likely to be overweight, and have improved nutrition – they eat more fruits, drink more milk and consume a wider variety of foods than those who don't eat breakfast or have breakfast at home.

New Breakfast Menu at Jamestown City School District

What we have taken off the new menus:

- Donuts
- Honey Buns
- High Sugar Cereals
- Chocolate Milk
- White Bread

What we have added to the new menus:

- Scrambled Eggs and Omelets
- Bagels w/Cream Cheese or Trans-Fat Free Margarine
- Hot Bagel and English Muffin Sandwiches with Egg, Cheese, Sausage or Ham
- Only Reduced Sugar Cereals will be offered
- Fresh and Canned Fruit (packed in Juice or Light Syrup)
- Minimum 50 percent Whole Grain Breads

Eat Breakfast at School - Save time and be confident that your child is getting a nutritious breakfast to fuel their day!

Thank you for helping to ensure our students start the day alert, well fed and ready to learn.

Walter Gaczewski
Food Service Director
Phone: 483-4398