

Introducing



Breakfast

Haywood High School

&

Haywood Middle School

BENEFITS OF A HEALTHY BREAKFAST

Breakfast is the most important meal of the day – educationally and nutritionally.

Breakfast helps children learn.

Numerous studies show that breakfast:

- Improves academic performance and attendance
- Reduces behavior problems and tardiness
- Children who eat breakfast at school – closer to test-taking time – perform better on standardized tests than those who skip breakfast or eat breakfast at home.

Breakfast promotes good health. Eating breakfast at school results in:

- Fewer visits to the school nurse
- Improvements in children's diets
- Helps build healthy eating habits
- Maintaining a healthy weight

[Grab & Go Breakfast Begins September 4th](#)

Here's How it Works

HMS

When students enter the school, they will have the option of going to the cafeteria as usual for breakfast or they can pick their breakfast selections from two carts which will be set up on either side of the gym entrance. As students go by, they can grab a plastic bag and fill it with their choices for breakfast. They will eat their breakfast in the gym before going to class. The bags will then serve as a container for their trash which they can throw away as they exit the gym.

HHS

When the bell rings for students to go to their first block class, the cafeteria staff will have carts set up at each exit of the cafeteria. As students go by, they can grab a plastic bag and fill it with their choices for breakfast. They will carry their breakfast to your classroom and during the morning announcements, eat their breakfast. The bags will then serve as a container for their trash. Breakfast in the Classroom cleans up quickly and conveniently with no interruptions to the morning teaching schedule. We will still offer breakfast in the cafeteria for those students who arrive early. We will stamp their hand so that the cafeteria workers will know who has already eaten.

This institution is an equal opportunity provider.