



***Celebrate National School Lunch Breakfast Weeks  
March 2- 6 & March 9-13, 2015***

***At the Nock Middle School grades 6-8  
7:00am – 7:20am***

***Dear Parent or Guardian,***

***For the next two weeks breakfast will be available in the cafeteria for all Nock Middle School students. The cost for a full breakfast is \$1.50, all students who are currently receiving free or reduced lunch will be eligible for free or reduced (\$.30) breakfast.***

***I hope you will encourage your student to participate in our limited time breakfast promotion. The breakfast menu is posted in the cafeteria and available on the districts website. School breakfast provides the necessary energy to start a day of learning and achievement, providing 25 percent of the recommended daily allowance of protein, calcium, iron, vitamins A, C and calories, meeting the Dietary Guidelines for Americans.***

***School breakfast is convenient, healthy, and a real timesaver, so please have your students join us for a “Simply Good Breakfast”!***

***Thank you,***

***Sheryn Seale, SNS  
Chartwells Food Service Director  
Newburyport Public Schools***