



All Students are Welcome for Breakfast at Heritage! **Available 7:45am-8:15am everyday**

Whoever said, “breakfast is the most important meal of the day” was right! There have been many studies conducted all stating that a student who eats breakfast before attending classes demonstrates the following characteristics compared to those who do not eat breakfast:

- Higher test scores and grades
- Better attention span
- Enhanced ability to maintain a healthy weight
- Fewer trips to the nurse’s office
- Improved intake of healthy foods

We are proud to offer a variety of items at your child’s school for breakfast. Offered daily, we have bagels, cereal, muffins, yogurt and a hot breakfast special. While these specials vary daily, some of the options are Scrambled Eggs, Pancakes, French Toast Sticks, and Waffles. All students can use their Nutrikids account for convenience when paying.

The Foodservice Staff, as well as the Livingston Public School’s staff, encourage students to eat breakfast daily to prevent consumption of unhealthy snacks as a meal replacement. Skipping breakfast leads to transient hunger which is when your body and brain pay more attention to feeling hungry than to the task at hand.

Remember that if your student eats breakfast, it can be directly related to better academic performance. It’s a win-win situation for both the school district and for your child!

Starting **Monday, September 9th**, your student can enjoy a hot breakfast here at HMS and start to enjoy the benefits of a well-fed mind!

If you have any questions, please contact Ralph Rizzolo at the foodservice office at 973-535-8000 ext 8051.

Thank you!

