

March 22, 2019

“Breakfast on the Go” at Prairie Central High School

Prairie Central High School is excited to announce its new breakfast initiative. “Breakfast on the Go” aims to fuel students with healthy breakfast options to prepare them for their school day. Starting Monday, April 15, students can grab quick breakfast options near the high school office on their way to class. This could include items like cereal, granola, milk, fruit, and more.

Breakfast Schedule:

7:30 - 8:00 a.m. – Breakfast served in the cafeteria

7:45 - 8:15 a.m. – “Breakfast on the Go” carts available in the hallway by the high school office

Prairie Central School District Food Service Director, Joni BesGrove, applied for and received funding for the “Breakfast on the Go” initiative through *No Kid Hungry’s* Breakfast After the Bell grant. The focus of the grant is to increase participation in school breakfast through new equipment, materials, and promotion. Currently, 1 in 6 children in the United States face hunger and many others skip breakfast for a number of reasons, but grades and attendance have both been shown to increase when breakfast is served at school. In Illinois, over 90,000 students can rely on getting breakfast at school in the morning thanks to Breakfast After the Bell initiatives. For more on these statistics and information about the benefits of school breakfast, visit www.nokidhungry.org/.

This news release is brought to you by the Prairie Central School District Wellness Committee, whose vision is to foster an environment with opportunities for all students and staff to engage in healthy eating and physical activity behaviors to promote the health and well-being of the school community. If you’re interested in learning more about the Wellness Committee or want to know how you can get involved, contact Superintendent, Paula Crane, at pcrane@prairiecentral.org.

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