



## Take the Breakfast Challenge

The Knippa ISD cafeteria is excited to celebrate **School Breakfast Week** from March 6-9. We serve a healthy breakfast from 7:15-7:45 a.m. that includes:

- ❖ Whole grain breads, tortillas, cereals and crackers
- ❖ Fresh fruit assortment
- ❖ Fat free flavored milk and 1% white milk
- ❖ Variety of 100% fruit juice

We want to encourage all of our students to eat a healthy breakfast everyday so they will be ready to learn. Students who eat breakfast have increased focus, improved mood, more energy and a healthier immune system.

We will be giving away small prizes to students who eat a school breakfast next week. We have provided the menu on the back along with some activities you can do with your child this week.

If you have any questions, please let us know at [johnna.beltran@knippaisd.net](mailto:johnna.beltran@knippaisd.net).

---

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

