



## *Arts Academy at Estrella Mountain*

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To Parent/ and or Guardian

Arts Academy at Estrella Mountain is pleased to announce that this year we will again be providing breakfast in the classroom, free of charge to every student. Instead of morning recess, the students will go directly to their classroom where breakfast will be waiting for them.

Research has demonstrated that eating breakfast helps students pay attention, improves academic performance, and leads to better behavior in the classroom.

Please encourage your child to participate. Healthy choices will be offered that include fresh fruit, juice, whole grain breads and reduced fat/fat free milk.

Should you have any questions or need any additional information, please contact the Jmichael@plccharterschools.org .

Kind regards

Jenny Michael  
Food Service Director  
Arts Academy at Estrella Mountain

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