**DATE**

Dear Parent,

Did you know that many kids in grades K-12 report that they do not eat breakfast before school? As the school nurse, I frequently see students in my office who complain of hunger related symptoms such as headaches and stomachaches. No matter what the reason for skipping breakfast, students cannot learn on an empty stomach.

**(Insert Name)** **School** offers FREE breakfast for all students every morning from **(Insert Time) A.M.-** **(Insert Time) A.M**. This is an excellent opportunity to ensure that your child is receiving a nutritionally balanced meal at the start of each day. Studies have shown that children who eat a nutritious breakfast have better behavior, better attendance, and improved grades. All students are welcome to attend Monday through Friday.

If you have any questions, feel free to contact me at **(Insert Telephone Number)**.

Sincerely,

**(Insert Name)**

School Nurse