

EAST WHITTIER CITY SCHOOL DISTRICT

School Breakfast is fun,
flavorful and full of nutrients
that help students do their
best in the classroom.

Make sure they...

Don't Miss Breakfast!

For More Information
and to see your School's
Menu Online, visit:

www.ewcsd.org



A Nutrition Resource for Your Community

ENERGIZE YOUR DAY

with school
breakfast & lunch

Free & Reduced

Free and reduced meal applications are available at your school office. Return the completed application to the office.

One application per family is needed each year. Your child will be notified at school of their status. Qualifying students receive one breakfast and one lunch daily. Applications are available anytime.

Call: (562) 907-5951
with any questions.

**East Whittier City School District
Nutrition Services**
14535 E. Whittier Blvd.
Whittier, CA 90605
(562) 907-5951
www.ewcsd.org



DON'T MISS BREAKFAST!

Choosing Breakfast is as easy as 1, 2, 3...

1: Choose Your **ENTRÉE**...

Assorted Breakfast Breads &
Cereals, Eggs, Cheese or Yogurt,
Hot or Cold Breakfast Sandwiches

2: Choose Your **SIDES**...

Fresh Seasonal Fruits, Fruit Cup,
Assorted Juices.

Selections Vary Daily.

3: Don't Forget Your **MILK!**

Breakfast kickstarts your metabolism, helps you to concentrate and perform better in school and aids in maintaining a healthy weight. Join us and start your day with a...

Healthy Breakfast!

