

2170 Gilbert Avenue, Cincinnati, OH 45206 • (513) 570-5193

## **Breakfast Notification**

Help start the school day with a well-balanced nutritious meal. This school year, Queen City Career Prep High School is offering breakfast to all students. The breakfast will include healthy options such as whole grain cereals, muffins, bagels, etc., fruits, juice, yogurt and milk. The students will be offered breakfast each morning at 8:00 AM until 9:00 AM. This breakfast is at no cost to all students.

Eating breakfast helps with concentration, provides energy to last throughout the day, and helps enforce healthier eating habits.

Healthy Bodies Fuel Healthy Minds!

Provided by the Food Service Department at Career Prep High Schools.

This institution is an equal opportunity provider.