

Bring on **BREAKFAST**

Bring on the day!



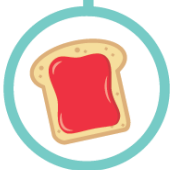
HUNGER sets in long before lunchtime, so ensuring students have a balanced breakfast is critical. The menu items selected for your school's breakfast program have been chosen based on their nutritional value and ability to help students feel fuller longer.

Cowan Jr/Sr High School offers a hot breakfast each morning in the cafeteria plus additional healthy ready to go options.

Breakfast is served in the cafeteria from 7:30am-8:10am each day.

**View Daily Menus at:
cowan.nutrislice.com**

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**GO
*Blackhawks!***

This institution is an equal
opportunity provider.

