



Parents, did you know

1. **Breakfast** is served **FREE** to all students each school day. Please continue to promote school breakfast with all your students.
2. Healthy eating options such as fresh fruit, whole wheat bread, salads and vegetables are served daily in the school cafeteria.
3. New USDA guidelines now require a fruit or vegetable be served as part of each student's lunch. Milk is optional and is not a required meal component.
4. The school cafeteria sells lunch for adults and non-students at the low price of \$3.00 and breakfast for only \$2.00.

On behalf of everyone in the Miami-Dade County Public Schools (M-DCPS) Department of Food and Nutrition, thank you for your support of healthy eating options at Carrie P. Meek /Westview K-8 Center.



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Giving our students the world

