

LA PETITE ECOLE BILINGUE

STEWART INTERNATIONAL SCHOOL



Breakfast Club

If your child arrives early at school, the **Breakfast club** is your answer.

At the **Breakfast club** your child can meet other children before school in a warm and familial atmosphere. Breakfast is provided with children brought together around a table to eat. We cater for all special dietary requirements including vegetarians and allergy's sufferers.

Your children will be served a healthy and nutritious breakfast. It is a well-known fact that skipping breakfast can mean poor energy and concentration levels in the first half of the school day; eating a healthy breakfast encourages children to develop good eating habits, become healthier and emotionally more stable.

All our meals are prepared following the advice of a nutritionist.

Breakfast starts at 8am.

A TYPICAL WEEKLY BREAKFAST MENU:

Monday	Tuesday	Wednesday	Thursday	Friday
Cornflakes Toast Fruit in season	Porridge Yoghurt Fruit in season	Rice crispies Toast Fruit in season	Porridge Yoghurt Fruit in season	Shredded wheat Toast Fruit in season
Fruit juice Water Milk	Fruit juice Water Milk	Fruit juice Water Milk	Fruit juice Water Milk	Fruit juice Water Milk

Note: Menus are rotated on a three week's basis