

Thank Goodness for Breakfast!

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Everyone needs to start their day with a good breakfast. This is why at East, we have the breakfast program. Here are some reasons I like the breakfast program.

The first reason that I like breakfast here at school because if you eat a good breakfast, you'll think harder and concentrate on work. You'll also pay more attention to what you're doing, than on your stomach.

Another reason I like this program is because of our late lunchtime. I eat in the morning at 7:45. Eating at that time, I wait 5 hours to eat again. With this program, I only wait 3 and a half hours. Then I'm not starving by lunchtime.

The last reason I like this program is the school has a wide variety of food. They never repeat anything on the menu during the week. On Friday, the cook chooses what she wants for breakfast. That's why they call it "cooks choice". I really like this program. I'm glad that we have breakfast at our school.