





## **Notes**

- Fresh Start brought samples of healthier option for breakfast
- We will like to request a list of ingredients for breakfast options
- Student agreed some of the options are great idea
- Cereal some are too sugary and contain other unhealthy ingredients
- Committed agreed that all samples presented were healthier except the fruit yogurt parfait need improvement

## **Goals**

- Hold Assembly to discuss Nutrition
- Be able to include this year a healthier breakfast option