



MIDDLESEX COUNTY STEM CHARTER SCHOOL

Dear Families,

At Middlesex County STEM Charter School, we know that a nutritious breakfast sets the tone for a successful day of learning. That's why we are committed to ensuring that every student has the opportunity to start the school day ready to focus, participate, and achieve.

When is breakfast served?

The school day begins at **7:50 AM**, and we strongly encourage all students to **arrive early enough to eat breakfast before the first period begins**. Arriving by 7:30–7:40 AM gives students the time to sit, eat, and be fully prepared when the bell rings. Students who eat before first period often feel calmer, more energized, and better able to concentrate on their lessons.

For students who cannot arrive early, breakfast will also remain available through our **Breakfast After the Bell (BAB) program until 8:10 AM**. This ensures that no child goes without a meal, even if they arrive close to or just after the start of the school day.

What's on the menu?

Every school breakfast includes milk, fruit, and whole grains or a protein option. All items meet strict nutritional guidelines with more whole grains and less sugar, sodium, and saturated fat than typical store-bought items. Our menus can be found at: [School Menus](#).

Why early arrival matters:

While BAB guarantees access, arriving early gives students the best experience. They can eat calmly, socialize with peers, and still begin first period fully ready to learn. Please encourage your child to make early arrival part of their daily routine—it's a simple step that makes a big difference.

If you have any questions, please contact our Food Service Department at mealservice@middlesexcharter.org.

Sincerely,

Sara Meyer

Food Service Coordinator