



School Breakfast Facts

A great breakfast program is offered at school every day!

Here are some fun facts about school breakfast:

- It's easy! Instead of running around in the morning trying to make sure your children eat a healthy meal, let us do the work. They can get a great breakfast at school, and there will be no dishes for you to wash!
- It's affordable! If qualified, your child may be able to get breakfast at a reduced price or for free. If your child already eats a free or reduced price lunch, they automatically qualify for a free or reduced price breakfast.
- It's tasty! Schools now have more variety to choose from when deciding what to offer your children for breakfast. Request a menu so you can view what your child may be eating at school.
- It's good for the brain! Research suggests that not having breakfast can affect children's intellectual performance (CDC).