

Wake Up to School Breakfast!

A healthy, great tasting breakfast is waiting for your child at school every day. Save time and money.

School breakfast offers a healthy start to the day!

- Fruit
- Whole grains
- Low-fat or fat-free milk



Breakfast builds brains!

Studies show that kids who eat school breakfast:

- Get better grades
- Have higher test scores
- Pay attention better
- Have fewer problems with behavior
- Miss fewer days of school

Talk with your child about starting the day with breakfast at school!
Encourage your child to try the options on the menu and see what she/he likes.

If you have questions about school breakfast, contact the Cafeteria Manager at your school.