



Well Nourished Children Are Ready To Learn...

Did you know School Breakfast:

- Is Quick, Easy and Convenient?*
- Is Nutritionally Balanced?*
- Improves Focus?*



Enhancing Life One Meal at a Time

Improve your child's focus with school breakfast!

Stop feeling guilty about rushing in the morning, take advantage of our convenient school breakfast program at school! With school breakfast, students are able to eat a healthy nutritious meal with their friends before class starts.

Breakfast is the most important meal for your child and a healthy one can actually help improve their focus throughout the school day. A well rounded breakfast will give your child the energy he or she needs to accomplish both physical and mental tasks as well as increase their concentration, problem solving skills and hand eye coordination. Kids are also more likely to engage in eating breakfast when they get to do it with their classmates.

Overall, your child will feel more alert and attentive in class, so let's fuel their day the healthy way and give them the best start possible!



- ✓ Quick, Easy and Convenient
- ✓ Nutritionally Balanced
- ✓ Improves Focus

Remember, breakfast is available everyday for every student!

Your child may even be eligible for free or reduced price breakfast through the National School Lunch Program. This is a great way to make sure your child starts his or day off with a healthy, well-balanced meal. To see if you qualify, or to find out how you can obtain an application, contact your school lunch director today.