

School Breakfast!!!

Some mornings, it's tough to find the time to make sure your kids are eating a nutritious breakfast. On those days, why not send them to the School Breakfast Program? Each meal meets government nutritional guidelines and standards. Schools are required to provide a breakfast meal that includes fruit, whole-grain rich items, and low fat or fat free milk.



A Healthier Start to their Day

Compared to children who do not eat breakfast or eat breakfast at home, children who eat school breakfast:

- Are less likely to be overweight
- Eat more fruits
- Drink more milk
- Have improved nutrition
- Consume a wider variety of foods⁴

Breakfast Served Daily in the Cafeteria 7:00-7:30

Check your child's menu to see the variety of nutritious choices available at School Breakfast