



LYNCOURT

UNION FREE SCHOOL DISTRICT

Hi Parents and Guardians,

We hope you're doing well! We want to take a moment to talk about something simple that makes a big difference in your child's school day: **breakfast**.

Why Breakfast Matters

Kids who start their day with a good breakfast tend to:

- Focus better in class
- Have more energy
- Feel less stressed or tired
- Stay on track with healthy habits
- Do better with memory and problem-solving

In short—breakfast helps set them up for a great day of learning.

Free Breakfast for Every Student

We're happy to remind everyone that **all students can eat breakfast at school for free**. No forms, no paperwork, no requirements—just come in and enjoy a healthy meal every morning.

Breakfast is served before school starts, and we have options kids enjoy while still fitting the nutrition guidelines schools must follow.

What's in a School Breakfast?





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School breakfasts have to meet USDA nutritional standards. That means each breakfast includes:

- **Fruit** (fresh, canned in juice, or 100% juice)
- **Whole grains**
- **Milk** (low-fat or fat-free)

There are also rules for calories, sodium, and fats to keep meals healthy. Students choose at least **three items**, and one must be a **fruit or veggie**.

How You Can Help

If mornings are busy (and we know they usually are!), remember your child can always grab breakfast at school. Please encourage them to stop by in the morning so they can start their day with the energy they need.

If you have any questions, just reach out—we're happy to help.

Thanks for your support!

Food Service Staff

(315) 455-7571 Ext: 1020