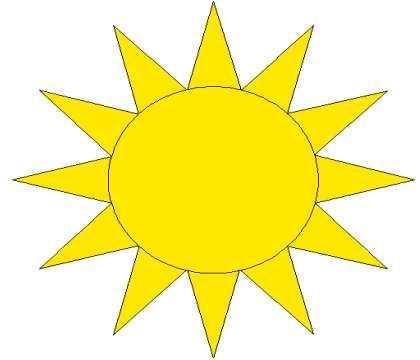


DISCOVER SCHOOL BREAKFAST

Why School Breakfast?

- Eating breakfast improves standardized test scores, including reading, writing, and math.
- Increasing school breakfast participation increases school attendance.
- Children who eat breakfast have improved attentiveness.
- Children who eat school breakfast visit the school nurse less frequently, and complain less of tiredness, aches and pains.



Did You Know?

- We serve breakfast every morning!
- If your child qualifies for free or reduced lunch, they also qualify for free or reduced breakfast!
- We provide low-fat and reduced sodium items.
- We provide 5 cups of fruit, 5 cups of low-fat milk, and 9 servings of grains in a given week.

What's For Breakfast?

- **We offer a variety of hot breakfast foods including pancakes, French toast, pastries and breakfast sandwiches.**

Daily Menu Items:

- Cereal and yogurt
- Other choices may be available. Please check your school menu.

ALL MEALS ARE SERVED WITH CHOICE OF JUICE, FRUIT, AND MILK

