

IT'S TIME FOR FREE BREAKFAST

START YOUR MORNING RIGHT WITH FREE SCHOOL BREAKFAST!

Eating breakfast is the best way to start every great morning!

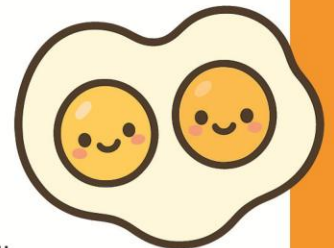
With today's fast-paced lifestyle, many students may not have time for a balanced breakfast at home - but we've got you covered.

Our district offers a wide variety of delicious and nutritious breakfast options to fuel students for a successful day of learning.



WHY CHOOSE SCHOOL BREAKFAST?

- **Balanced & Nutritious**
School meals meet USDA standards for calories, sodium, and saturated fat.
- **Fresh & Tasty Choices**
Enjoy a daily variety of fresh fruit, whole grains, and dairy options.
- **Healthy Habits for Life**
Students are introduced to smart food combinations that support lifelong wellness.
- **No More Empty Stomachs**
Starting the day with breakfast helps students feel focused, calm, and ready to learn.
- **Boosts Brain Power**
Improves concentration, academic performance, and classroom behavior.
- **Supports Better Attendance**
Reduces tardiness, nurse visits, and increases overall school participation.



DAILY EXAMPLE OF SCHOOL BREAKFAST:

- Whole grain pancakes with syrup
- Assorted whole grain, low sugar cereals
- Fruit bar: assortment of fresh, canned, and 100% fruit juice
- Variety of milk

JOIN US EACH MORNING AND FUEL UP FOR A FANTASTIC DAY!

For more information on the School Breakfast Program visit: www.fns.usda.gov/sbp/school-breakfast-program-sbp

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