

Start the Day with School Breakfast!

Did you know that your school offers a healthy breakfast every day? Help make sure students are ready to learn by starting the day with school breakfast!

Why eat school breakfast?



Increased Productivity

Students who eat school breakfast have better attendance rates, improved behavior, decreased tardiness & are more likely to have better comprehension & memory in class.



Better Health

School breakfast can help protect against obesity & other negative long-term health outcomes. It can also stop hunger-related stomach aches and headaches, decreasing visits to the school nurse.



Easier Mornings

Eating school breakfast helps save money & gives families one less thing in the morning to worry about! Students can reliably eat a healthy, balanced meal every day.

School breakfast is available to all students, every day.

School breakfast includes fruit, whole grains and protein, making a nutritious start to the day.

This institution is an equal opportunity provider.