



## School Breakfast

### **Eat Breakfast at School!**

Mornings can be really crazy...the alarm doesn't go off...the kids don't want to get up... there's no time to eat breakfast before the bus comes...or they're just not ready to eat. Or maybe your teenager grabs a can of soda and a candy bar on the way to school. If this sounds like your house, we have good news for you.

Breakfast is served at school! School breakfast will energize your child's day and provide them with a healthy start. A nutritious breakfast helps students be more alert so they can learn more in class, and has plenty of vitamins and nutrients for a strong and healthy body.

Breakfast is free for all students, so if you're child(ren) aren't eating school lunches then give the school's breakfast a try.

So help your child start the day right with school breakfast!

