



“Excellence begins with school breakfast.”

Each day, Food and Nutrition Services staff arrive early in the morning to prepare nutritious breakfasts for students at every school in the school district. Breakfast service typically begins a half hour before classes. We encourage students to arrive on time so that they will have an opportunity to eat and enjoy breakfast at school! **Remember— students who receive free or reduced price lunches also receive free or reduced price breakfasts.**



**BE COOL...EAT
BREAKFAST AT SCHOOL!**

WE FEED THE FUTURE



**Call the FNS
Manager at your
school with any
questions regarding
the breakfast
program.**

The Alliance for a Healthier Generation states:

- Children who eat breakfast have better concentration, problem-solving skills and hand-eye coordination.
- People who eat breakfast are less likely to be obese and diabetic than those who usually do not eat breakfast.
- There is an association between eating breakfast and academic and extracurricular success.

