



BREAKFAST FEEDS THE BRAIN!

The beginning of the school year brings new opportunities for our students to learn, grow, and succeed. Why not give them a leg up by incorporating school breakfast into their morning routine. Having breakfast in the morning has been shown to increase test scores, improve behavior, and result in fewer trips to the school nurse. However, parents don't always have the time or resources to prepare breakfast for their child before school. Participating in the school breakfast program can help recapture that time, and it can also provide relief to your household budget during these times of rising food costs. Instead of rushing your child through breakfast at home, try sending him or her to school for breakfast instead.



Super Convenient! ~ busy morning routines can be made simple!

Super Easy! ~ delivered right to the classroom!

Super Good! ~ offers whole grains, fruits and milk every day!