



FREE BREAKFAST

FOR ALL STUDENTS

Who is eligible?: All Students can receive free breakfast.

What are the nutrition requirements?: All school breakfasts must meet Federal nutrition requirements to serve and how the foods are prepared.

When: All students can receive a free breakfast every day school is in session.

How: Any student can visit their school cafeteria before the start of instruction.

Why: Studies show that children who eat breakfast have higher test scores, retain information better and tend to have more focus throughout the day.

Where to learn more?: To learn more, please visit:
<https://www.fns.usda.gov/school-meals/school-meals-contacts>.



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NUTRITION ON FACEBOOK
AND INSTAGRAM