

# DID YOU KNOW?

**BREAKFAST** is served at school every day!



Breakfast is **FREE** if you are eligible for a free lunch and it's only .30 cents if you are eligible for **REDUCED** price lunch.

Even if you eat at home, grab a school **breakfast**.

You can save it for an after school snack!



**BREAKFAST** is the most important meal of the day!

By eating breakfast at school every day, you can have higher energy, improved concentration and better test scores. And it tastes great!