

Did You Know...

Research shows that students who eat breakfast at school perform better on standardized tests than those who skip or eat breakfast at home. School breakfast also improves a student's concentration, alertness, comprehension, memory and learning.*

*Food Research and Action Center (FRAC). "Breakfast for Learning." Spring 2014.



Students eligible for a **FREE** or reduced **lunch** can also receive a **FREE** or reduced **breakfast**.

Ask at school today!

A sharpened focus on the health and wellnes of your children

The overall wellbeing and growth of our students is a priority!
Encourage your child to take advantage of the nutritious breakfast and lunch meals available to them.

