

BREAKFAST NEWS



School Breakfast - Good for Kids and Good for Parents!

For parents with busy schedules, it can be hard to make sure that kids are eating a healthy breakfast before they go to school in the morning.

Sometimes children aren't hungry right after waking up, and it's hard to find food they like to eat that is also healthy. Also, some kids refuse breakfast at home but are hungry when they arrive at school. At school, we have a great breakfast program for all students.

If morning meals are difficult for your family, let the School Breakfast Program help you out!

Tip of the Month: Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.