School Breakfast Program Information

August 2023

Dear Parents,

Research has shown that starting the day with a nutritious breakfast helps students stay alert and perform better in school. The School Breakfast Program is available to all students every weekday morning. You do not have to register your child in advance. Your child can eat breakfast at school every day or only occasionally. School breakfast makes sense. It provides ¼ of your child’s nutritional needs, meets Dietary Guideline recommendations, and offers children a chance to eat breakfast with friends. School Breakfast is an ideal solution to busy mornings when kids are running late or parents have to be at work early. Whatever the reason, if breakfast at home is not convenient, please have your child take advantage of breakfast at school. Thank you for helping to make sure all of our students start the school day alert, well fed and ready to learn. The St. Bernard Parish School Board Child Nutrition Staff “This institution is an equal opportunity provider

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