



# Start Your Day Off Right

## Eating Breakfast at School Gets Your Day Off to a Great Start!

### The Cost of School

#### Breakfast

\$1.00 for Full Price Students

\$0.30 for students receiving reduced priced lunches

Free for students receiving free lunches

It could cost you **\$1.50** or more each day to eat the same healthy balanced breakfast at home.

School Breakfast Provides Delicious Whole Grain Choices, Fresh Fruit, 100% Fruit Juice and Cold Low Fat Milk.

- \* It has been proven, that eating a well balanced breakfast helps students concentrate, do better in class and excel in their studies.
- \* Eating a healthy breakfast also improves behavior and attention among students.

#### What School Breakfast Means to YOU!

- \* No more hectic mornings trying to grab something on the way out the door.
- \* Hit that snooze button once more, because you don't have to fix breakfast.
- \* Peace of mind knowing your off to a great start everyday.



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