

Why School Breakfast?

Breakfast Improves School Performance

- Every student needs to eat breakfast because a hungry child cannot learn!
- With a school breakfast program:
 - Math and reading scores improve;
 - Students are less likely to miss class or be tardy;
 - Discipline problems decrease;
 - Visits to the school nurse decrease.

School Breakfast Supplies Important Nutrients

- School breakfasts must meet the federal meal pattern and nutrition standards based on the latest *Dietary Guidelines for Americans*.
- School breakfasts offer a wide variety of nutritious foods including whole grains, fresh fruits, and low-fat milk and yogurt.
- Children who eat school breakfast consume more fruits, drink more milk and consume a wider variety of foods than those who skip breakfast or eat breakfast at home.



Breakfast is available to students at all of St. Mary's County Public Schools!

- Any child at a participating school may purchase a meal through the school breakfast program.
- Free or reduced-price breakfasts (and lunches) are available for households that qualify.
- Please submit a Meal Benefit Application for the current school year to see if your children qualify for free or reduced-price meals.
- Remember, if your children qualify for free or reduced-price lunches, they are also eligible for free or reduced-price breakfasts.

Breakfast = Achievement!