

Preston Public Schools 2023-2024  
"Power up with breakfast ...  
Eat breakfast at school to boost your brain and body power!"

08/17/23

Dear Parents:

As we all recognize that hungry children cannot learn, the first step is ensuring that all students begin the school day with a nutritious breakfast at home or at school. The School Breakfast Program helps to make sure all our students start the school day alert, well-fed and ready to learn.

The School Breakfast Program is available to all students every school day in the morning starting at 8:30 AM. Your child can attend every day or occasionally. These supervised meals provide your child with one-fourth of their nutritional needs each day.

School breakfast is tasty and nutritious. School breakfast is an ideal solution on mornings when kids are running late or parents have early commitments. It is also a wonderful way to make sure your children have a balanced meal to start each day. Try breakfast at school today!

Children from households whose income is at or below the levels set by the federal Government may be eligible for free or reduced-price lunches. **BREAKFAST IS FREE TO ALL STUDENTS FOR THE 2023-24 SCHOOL YEAR!!!**

Sincerely,  
**Tom O'Connor Food Service Director**

**School Breakfast Information**  
Free

If you would like an application, please call the office at  
860 889-3831 (PPMS), 860 887-3113 (PVMS)