## Breakfast Encourages Students to Thrive!

Breakfast is served daily in the school cafeteria! School breakfast will give your child a healthy start to the day.

## **Top 5 Reasons to Eat School Breakfast:**

- 1. Fuels the brain to get focused for learning.
- 2. Convenient and easier than making breakfast on your own, or stopping somewhere on the way to school.
- 3. Time to catch up with friends.
- 4. Packs a nutritional punch and guaranteed to have whole grains, fruit and milk.
- 5. Good breakfast = good mood!

For menu information and serving times, visit the District website. https://www.isd728.org/services/food-service





