



“Rise and Shine Breakfast Program”



Rise and Shine Breakfast Program – 2026–2027 School Year

Have you ever wondered how a healthy breakfast can impact your child’s school performance? Eating breakfast has been shown to:

- Improve memory, verbal fluency, and problem-solving skills
- Support higher test scores and better concentration
- Reduce visits to the school nurse
- Encourage lifelong healthy eating habits

We are pleased to announce that **all students will receive breakfast at no charge every day during the 2026–2027 school year** through the **Rise and Shine Breakfast Program**.

How the Program Works

- **Elementary School:** Grab-and-Go breakfast bags will be available at each entrance beginning at 8:40 a.m. Students can pick up a meal on their way in and take it to their classroom.
- **Middle & High School:** Breakfast will be served in the cafeteria starting at 7:25 a.m. Students may pick up a meal bag before the school day begins.

All meals meet **USDA nutrition standards** and include a variety of healthy options such as:

- Low-fat white milk
- Fruit and 100% fruit juice
- Whole-grain cereals, breakfast bars, muffins, and breads

The Rise and Shine Breakfast Program operates under the same guidelines as the National School Lunch Program.

Important Reminders

- Families must complete a **new Free or Reduced Meal Application each school year** to qualify for benefits.
- Only one application per household is needed to cover both breakfast and lunch.
- Applications are available:
 - Online at www.schoolcafe.com
 - In your child’s school office
 - On the Saucon Valley School District Food Service webpage

Breakfast service begins **Monday, August 24, 2026**—the first day of school. All students are eligible and will not be denied a meal.

Lunch Program Information

- **Prices:** \$3.00 (Elementary), \$3.25 (Middle & High School)
- Each lunch tray includes five components:
 1. Protein (meat or meat alternative)
 2. Grain/Bread
 3. Fruit
 4. Vegetable
 5. Milk
- Students must select at least **three components**, and one must be a fruit or vegetable, to qualify as a reimbursable meal.

For more details on pricing, menus, and program guidelines, visit the **Food Service webpage**.

Managing Meal Accounts – School Café

Parents/guardians can use **School Café** to:

- Make secure online payments
- Monitor account balances
- View meal purchases for the past 30 days
- Set up low balance email notifications

To set up an account, visit www.schoolcafe.com/SauconValleySD. You will need your child's student ID number, available from your school office.

Free & Reduced-Price Benefits

- Benefits from the **2025–2026 school year carry over for the first 30 operating days of 2026–2027** (until October 5, 2026).
- A **new application must be submitted and approved by Day 30** for benefits to continue.
- Families may reapply at any time during the school year if income status changes.

If you have questions, contact:

Nakeshia Downer, Director of Food Service

 nakeshiadowner@svpanthers.org |  610-838-7001 ext. 1401

Additional Notes

- Every student has a lunch account; funds carry over year-to-year.
- Deposits should be made in advance (online, by check, or cash).
- Meal charges: Students will always be provided with a school meal, regardless of account balance. However, a la carte snacks cannot be charged if funds are not available.
- Seniors must pay off all outstanding balances prior to graduation. Refunds or transfers for siblings are available upon request.

We look forward to fueling student success every morning with a nutritious breakfast!

Nakeshia Downer
Director of Food Service
Saucon Valley School District

Nondiscrimination Statement

This institution is an equal opportunity provider.

In accordance with federal civil rights law and USDA policies, the district does not discriminate on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or prior civil rights activity. Program information is available in multiple languages and accessible formats