

Cafeteria Connection

Connecting you to your child's school lunchroom



FOR SCHOOL LESS BREAKFAST STRESS IS BEST

If your home is like most, mornings can be a flurry of activity. Getting your kids dressed, fed, and off to school before the bell rings can be a challenge. **We'd love to help your mornings be a little less stressful – allow us to take care of breakfast!**

Each school day, nutritious, balanced breakfasts are available for all students. Our breakfast choices meet nutritional standards to ensure students have the energy to concentrate on learning. We offer a variety of choices like bagels and cream cheese, waffles, pancakes, breakfast sandwiches, yogurt, granola, and breakfast bars. All breakfasts include fruit or fruit juice and whole grains to ensure good nutrition. We mix up the menu and choose plenty of student favorites to keep the options fresh and prevent menu fatigue.

When your child participates in school breakfast, it **saves on your grocery costs**. Because the government subsidizes a portion of school meals and we can purchase bulk quantities of foods, we can serve the same breakfast foods you eat at home for less. Factor in **no preparation time or dishes to clean-up**, having your child participate in school breakfast is a no-brainer.

And even if you choose not to have breakfast at school, don't skip breakfast! It's the most important meal of the day. Students who eat breakfast, whether at school or at home, achieve more and have fewer behavioral and health issues.

SCHOOL BREAKFAST MAKES A DIFFERENCE

INCREASED:

- Test scores
- Concentration
- Comprehension
- Attention
- Memory
- Health

DECREASED:

- Tardiness
- Behavioral issues
- Absences
- Illnesses

