

School Breakfast Program

Fuel up for the day!

A guide to start the day off right!

Why school breakfast could be for you:



- Saves time in the morning for busy parents
- School breakfast saves money
- A reimbursable breakfast costs \$1.25 and includes an entree, a milk and a fruit
- Provides the opportunity for all students to receive a balanced meal before starting the school day

Purpose of the School Breakfast Program:

- Give children the proper nutrition to start the school day focused and ready to learn
- Teach the importance of consistency and nutrition in meals throughout the day
- Combat the growing habit of skipping breakfast in the US

**TAKE TIME
FOR
BREAKFAST**

What Makes Up a School Breakfast?

**3 Possible
Components**



1.
Milk

2.
Fruit

The 3 Meal Components

3.
Entrée

Comprised of:

- Grain
- Optional meat/meat alternate

1. Milk

2. Fruit

3. Entrée (grain with optional meat/
meat alternative)

Did You Know?

Students can receive a full breakfast for only \$1.25, \$.30 reduced price. Breakfast contributes to the overall daily intake of calcium, dietary fiber, folate and protein.