

BREAKFAST FOR ALL



SCHOOL BREAKFAST IS PROVIDED TO ALL STUDENTS EACH SCHOOL DAY. SCHOOL BREAKFAST PROVIDES A GOOD START TOWARD MEETING A CHILD'S NUTRITIONAL NEEDS. RESEARCH INDICATES EVERYONE SHOULD BEGIN THE DAY WITH A HEALTHY BREAKFAST. THEREFORE WE HOPE YOU WILL ENCOURAGE YOUR STUDENT TO PARTICIPATE IN THE SCHOOL BREAKFAST PROGRAM.



School breakfast participation has increased 28% over the past 7 years. Students who eat school breakfast have been shown to achieve higher test scores and miss fewer days of school.



Under the "Offer Versus Serve" provision, a student must be offered at least 4 food items at breakfast.

Students must select at least 3 full portions of the food items offered. In doing so the student will meet 1/4 of the

Recommended Daily Allowances for nutrient intake.

THE BREAKFAST MEAL PATTERN

Grain/Bread w /Optional Meat/Meat alternative

Juice or Fresh Fruit or Hot Vegetable

Assorted 0% Fat or 1% Low fat Milk

