



# BREAKFAST AT SCHOOL

## **Right Start with a Healthy Breakfast**

Mornings can be really crazy...the alarm doesn't go off...the kids don't want to get up...there's no time to eat breakfast before the bus comes...or they're just not ready to eat. Or maybe your teenager grabs a can of soda and a candy bar on the way to school. If this sounds like your house, we have good news for you.

This institution is an equal opportunity provider.

Breakfast is served at school!

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A nutritious breakfast helps students be more alert so they can learn more in class!

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Breakfast at school is affordable!

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If you qualify for free or reduced lunches, you also qualify for the breakfast program, with no additional paperwork!

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