



Kickstart Your Day with a Nutritious School Breakfast!

A wholesome breakfast sets the tone for a productive day. Students who eat breakfast tend to be more focused, attentive, and better prepared to succeed academically. Research shows that breakfast-eaters typically perform better on tests and experience fewer behavioral issues.

Advantages of School Breakfast:

- Academic performance often improves for those who enjoy a nutritious breakfast.
- Fewer behavioral challenges arise among students who eat breakfast.
- Breakfast provides an opportunity to engage with peers at the start of the day.

Program Information:

- The School Breakfast Program is managed nationally by the United States Department of Agriculture (USDA) and locally by the Alabama Department of Education's Child Nutrition Department.
- Breakfast is offered at no charge to all students at participating schools.
- Breakfast is available Monday through Friday in the school cafeteria from 7:30 a.m. to 8:00 a.m.
- Students can choose from a fruit or vegetable, along with two additional items, as part of their meal.