



Breakfast Club

The School Breakfast Program is available to all students every weekday morning. School breakfast makes good sense - it provides $\frac{1}{4}$ of your child's nutritional needs and meets dietary guidelines and recommendations. Breakfast at school is affordable, too. If you qualify for free and reduced meals, you also qualify for the breakfast program, with no additional paperwork.

You can't find a healthier breakfast at such a low cost anywhere else!

Breakfast Served Daily

Price: \$1.75 - 1.90

Reduced \$.30 or free

Healthy meals everyday, including breakfast.

How was your last report card?

Want to help your child academically? Send them to the school breakfast program. Research shows that “children who attend school hungry often have a diminished attention span and are unable to perform tasks as well as their nourished peers. In these cases, the full value of the education provided is lost.” On the other hand, school breakfast participation has been shown to improve standardized test scores, make kids more alert in class, and improve classroom behavior. Make sure your kids start the school day with a delicious, nutritious meal - you’ll see the results in their next report card!

More Information @

www.pccsk12.com/departments/food-nutrition-services

Family finance is a very personal matter and your application will be handled with confidentiality and respect.

Students receiving meal benefits are not identified in the service line. Our POS system protects the identity and privacy of students. All students use the same service line and the computer screen does not indicate which meals are free or reduced-price.

Free and reduced-price meals are provided with federal tax dollars. The school district does not subsidize meals to students who qualify.

Breakfast is served at school! School breakfast will give your child a healthy start to the day. Breakfast has vitamins and nutrients for a strong and healthy body.

Children who eat at the start of the day have higher math and reading scores, have higher vocabularies, and perform better on standardized tests.

Breakfast at school is affordable, too. If you qualify for free and reduced price meals, you also qualify for the breakfast program, with no additional paperwork. You cannot find a more healthy breakfast at such a low cost anywhere else.

