

## **School Breakfast Program**

Dear Parent or Guardian:

All students enrolled at PSOE are eligible to receive free breakfast. This year, we need your help to make sure all students are fully prepared for academic success. We all know that hungry children have a more difficult time doing their best work. That's why we encourage all students to energize their school day with a nutritious breakfast.

The School Breakfast Program is available to all students every weekday morning. You do not have to register your child in advance. Your child can eat breakfast at school every day or only occasionally. Students are offered meals that include servings of fruit, whole grain-rich items, and milk. These breakfasts are well balanced and follow standards backed by the best nutritional science available. Participation in the program also affords children a chance to enjoy a morning meal with their friends.

School Breakfast is an ideal solution on busy mornings when kids are running late, or parents must be at work early. Whatever the reason, if breakfast at home is not convenient, please have your child take advantage of breakfast here at school so that they may enjoy the numerous benefits of starting their day with a healthy meal.

School breakfast is served from 7:30 a.m. to 8:00 a.m. If your student needs school breakfast, please arrive before 7:50 a.m. so your child has adequate time to eat. Thank you for helping us to make sure that all students start the school day alert, well-fed, and ready to learn.

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