

The Key to Your Child's Success: A Well-Balanced Breakfast!

**Announcing: Amp-up with breakfast in Neshaminy Schools
Getting a healthy balanced breakfast now...
Made easier!**

Most important meal of the day

Children of all ages need breakfast each morning to succeed. Although breakfast is the one meal your children cannot afford to skip, it is becoming increasingly difficult for children to find the time to eat a nutritious meal in the morning. Studies have shown eating a nutritious breakfast has many benefits:

- ***Improving school performance***
- ***Breakfast reduces behavioral problems***
- ***School breakfast improves children's diets***
- ***School breakfast can help reduce obesity***

 ***Even if your child has had breakfast at home, School Breakfast is an opportunity to re-fuel and help get them to lunch!
We provide wholesome, whole grain snacks, fruit and milk.***

****What students say:***

"I get up too early for breakfast" (20% tell us they skip breakfast!)

"I will miss the bus if I stop to eat breakfast"

"I eat breakfast at home BUT I am already hungry again before lunch"



Taking the worry out of your morning routine



*Shown above:
Typical hot breakfast sandwich with fruit and juice*

Try it!

Send your child to school for a great breakfast. Save money and gain peace of mind.

Feedback!

We want to hear from you! Please contact your district food service office with comments and feedback about your school's food and nutrition program. Any questions please give our office a call.

Joseph Gentile
Food Service Director
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When you know your children are guaranteed to receive a healthy breakfast in the morning, you have one less thing to worry about each day. School Breakfast will help your children start the day with the right type of nutrition that energizes them for a full day of learning. School Breakfast menus are prepared by our Chefs and Dieticians to provide:

- Delicious entrée and side items such as turkey sausage, egg and low fat cheese sandwiches, cinnamon mini pancakes, delicious muffins, yogurt and other whole grain and low fat items.
- Variety of fresh fruits, skim milk and 100% juice.

***Did you know?
If your child
qualifies for free
or reduced priced
lunch, **breakfast** is
also free or
reduced price!***