

PRESS RELEASE

The Palm Beach County School Food Service Department is proud to announce its "*Power Up With Breakfast*" campaign will now offer a free breakfast to **all students** beginning Monday, October 1, 2012. Students must select a free breakfast that complies with the USDA school breakfast program. This program requires that students select food items from three or four of the following food groups; grains, protein, fruit, and milk. At least one of the choices must be from the fruit group.

Studies continue to validate how important it is for students to start their day with a healthy breakfast and how a well-nourished student has more energy available for cognitive and social activities. This free breakfast program will support all our students in their efforts to best receive the quality education that is offered in Palm Beach County.

Because the breakfast and lunch programs are self-supporting and do not use general revenue education dollars, there will be no fiscal impact on the school district's budget and no money taken from the classroom.

Breakfast is served daily usually 30 minutes prior to the start of the school day. We hope that students will take this opportunity to enjoy a healthy breakfast at their school each day.



~ "Power Up" with Breakfast. The most important meal of the day! ~

For questions regarding this Press Release contact Steve Bonino 561-383-2000