



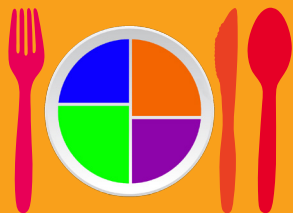
# Breakfast

**SUPERCARGE YOUR DAY WITH A HEALTHY BREAKFAST!**

The School Food Service (SFS) Department ensures each child is ready to start their day by having a nutritious breakfast available at all schools. Meals are designed to provide optimal nutrition, aligning with the recommendations of the Dietary Guidelines for Americans.

- More than half of the grains offered with breakfast are whole grain rich which provide students with a variety of nutrients such as iron, B vitamins, and fiber.
- A variety of fresh and cupped fruit choices are available (cupped fruits are packaged in natural juices or light syrup).
- All milk and dairy products are fat-free or low-fat and provide an excellent source of calcium, vitamin D, and potassium. *Elementary schools offer flavored milk at lunch.*
- Calories for a complete meal do not exceed 30% from total fat or 10% from saturated fat. In addition, trans fats have been removed from all products offered.

Free Breakfast is offered to all students enrolled in The School District of Palm Beach County, Florida



## What makes a *breakfast* meal?

School meals offer students the opportunity to create a meal from a variety of food groups. The food groups offered for breakfast are:

**Grains**

**Protein**

**Fruit**

**Milk**

In order to receive a FREE breakfast, children must select three or four of the above food groups. At least one of the choices selected must be from the **fruit group**.

**POWER UP with a Variety of *Breakfast* Items such as:**

**Breakfast Sandwiches**

**French Toast**

**Eggs and Omelets**

**Pancakes**

**Yogurt**

**Assorted Kellogg's Cereals**



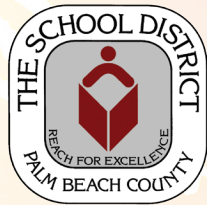
Menus are subject to change

## Hungry Children Have Difficulty Learning

Studies show that hungry children have lower math and reading scores. They also demonstrate a higher incidence of behavioral, emotional, and academic problems. A well fed child has more energy available for cognitive and social activities resulting in decreased learning difficulties.

Children who eat breakfast at school, meaning they eat closer to class and test taking time, perform better on tests than those who skip breakfast.

**Nourish the Body as well as the Mind  
Arrive in Time For Breakfast**



## School Food Service

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RIVIERA BEACH, FLORIDA 33404  
(561) 383-2000 • FAX: (561) 383-2043

Based on your household income, your child may also qualify for free or reduced meal benefits. To apply for meal benefits online or for more information on our program please visit our web site at: [www.palmbeachschools.org/sfs](http://www.palmbeachschools.org/sfs)

The School District of Palm Beach County, Florida  
is an Equal Education Opportunity Provider and Employer

Non-Discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.



**FREE Breakfast**  
**POWER UP**  
**THE BREAKFAST**  
**NOW**

## School Food Service

The School District of Palm Beach County, Florida

