

Cafeteria Connection

Connecting you to your child's school lunchroom



BREAKFAST IN THE CLASSROOM:

Fueling Success from the Start

We all know that breakfast is the most important meal of the day, especially for growing kids.

But did you know that starting the day with a healthy breakfast can improve focus, behavior, and academic performance?

That's why we're proud to offer Breakfast in the Classroom—a program that ensures every student starts their day with the fuel they need to succeed.

Breakfast in the Classroom brings nutritious meals directly to students at the start of the school day. Instead of rushing through breakfast in the cafeteria or skipping it altogether, students can enjoy their meal in a calm, familiar environment while they prepare for the day ahead. This program has been shown to increase breakfast participation rates, especially among students who might otherwise go without.

The meals we provide are designed to meet federal nutrition standards, offering a balanced mix of whole grains, protein, fruits, and low-fat or fat-free milk. Students might enjoy options like whole-grain breakfast sandwiches, yogurt and granola, or fresh fruit and bagels. **These meals not only energize students for the morning ahead but also teach lifelong healthy eating habits.**

Breakfast in the Classroom is about more than nutrition—it's about equity. By ensuring every child has access to a nutritious meal, we're helping to level the playing field and create a positive, supportive start to the day for all students.

If your child's participates in Breakfast in the Classroom, rest assured that they're starting their day with a meal that fuels both their body and mind.

Together, let's give our students

THE BEST POSSIBLE START

to each and every day!