

**Start your morning off right...  
Branford Public Schools  
Shine with School Breakfast!**

**Top Reasons Why Your Child Should Eat Breakfast at School**

- ✦ **School breakfast is fuel for learning.** Eating breakfast helps your child earn higher grades and focus on schoolwork.
- ✦ **School breakfast is nutritious.** Each meal provides at least ¼ of a child's nutritional needs for the day.
- ✦ **School breakfast means healthier children.** When children eat breakfast at school, nurses report fewer headaches, stomach aches, and fatigue.
- ✦ **School breakfast is available now-**Breakfast is served daily in all Branford Schools.
- ✦ **School breakfast is convenient.** With busy morning schedules, breakfast at school helps reduce the stress on you and saves you time in the morning.

**Your Child Can Shine with School Breakfast!  
Paid, free, or reduced payment qualifications apply.  
Payment can be made just like lunch:  
Through a MySchoolBucks' account,  
By check, or by cash.  
Any Questions?**

Food and Nutrition Services-Chartwells  
Director of Dining Services, John Turenne  
jturenne@branfordschools.org  
203-315-6741

