

Help Your Kids Succeed In School

School Breakfast



Why Breakfast at School

When students start the day with a nutritious breakfast, they start the day ready to learn. Some students skip breakfast at home because they are not hungry when they first wake up. Many families find it difficult for their children to get up, dressed, fed, and off to school. When parents rely on the School Breakfast Program, they can be assured that their child will receive a healthy breakfast every day. All schools offer school breakfast and All students can participate!



Breakfast Benefits

Higher Test Scores. Research has proven that children who eat school breakfast have higher math and reading test scores.

Improved Attendance. Studies show that students who eat school breakfast are absent and tardy less often.

Fewer Trips to the School Nurse. When students eat school breakfast, nurses report fewer hunger-related office visits.

Improved Classroom Behavior. Students are better able to pay attention in class when they have eaten. Principals confirm that they see fewer discipline problems when students eat breakfast at school.

Better Learning. Students learn best when they have eaten close to class time.

More Time on Learning. When students have eaten, they are better able to concentrate and behave in the classroom. This allows teachers to spend more time on teaching and less time on discipline.

The Program

Nourishing Meals. Meals served through the School Breakfast Program must meet federal nutrition guidelines. Each meal must include fruit, juice, milk, cereal and bread, or other grain product. Protein such as eggs and cheese may also be offered.

Money Savings. School breakfast is free for all students SY 2023-24, saving families the cost of breakfast served at home.

Time Savings. The School Breakfast Program can make mornings easier when there is not enough time to prepare and eat a morning meal at home. Breakfast times vary by school: **TES 7:20-7:50; SMS 7:20-7:50; THS 7:15-7:45**



Breakfast is Brain Food!

BREAKFAST

is FREE to All Students!!

Go to schools.mealviewer.com to...

- View school menus
- Check nutritional information
- Set up allergen alerts



FREE FREE FREE FREE FREE

Get the app on your smart phone or visit the website to set up an account.

Get started TODAY!!
schools.mealviewer.com

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1.mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2.fax:

(833) 256-1665 or (202) 690-7442; or

3.email:

program.intake@usda.gov

This institution is an equal opportunity provider.

*The enclosed "non discrimination" language herein was added pursuant to the May 5, 2022, USDA memorandum. However, although included as currently required for audit compliance by the USDA, the State of Alabama objects to its inclusion, applicability and the application of this language due to currently pending legal challenges in the matter of *The State of Tennessee, et al. v. USDA*, et al., Case No. 3:22-cv-00257, and may be subject to change or removal.