

## Fuel Your Intellect

Eating breakfast is the best start to every great morning! With the high demand of today's fast-paced lifestyle, many students may not be able to sit down for a balanced breakfast each morning before heading to school. However, no need to worry—our schools are offering a great variety of healthy & tasty options. Students have the opportunity to have easy access to get a great start to their day with healthy nutrition!

## Breakfast Benefits

- School breakfast meals meet the USDA standards for calories, sodium, and saturated fat.
- Healthy options such as a variety of fresh fruit, dairy, and grains are served daily for breakfast.
- Students are exposed to healthy food combinations to create healthy life habits.
- School breakfast eliminates the occurrences of students to not start school on an empty stomach, feeling tired, hungry, or irritable.
- Increases children's ability to concentrate on schoolwork.
- Decreases behavior problems, tardiness, and visits to the nurse.
- Increases attendance rates.

## School Breakfast Program

School Breakfast Program is available at all Prescott Unified School District sites. Free/reduced price applications are available at <https://secure.ezmealapp.com/ApplicationScreen.aspx>.

Reduced Breakfast Price: \$0.30, Paid Breakfast Price: \$1.50

## Menu - Daily Example of School Breakfast

- Whole Grain Pancakes with Pancake Syrup
- Assorted Low Sugar Cereal
- Fruit Bar: Assortment of Fresh, Canned, and 100% Fruit Juice
- Variety of Milk

Come take advantage of School Breakfast today!

Director: 928-717-3232

For more information on School Breakfast Program:

<https://www.fns.usda.gov/sbp/school-breakfast-program>

*This institution is an equal opportunity provider.*

