

START THE DAY WITH SCHOOL BREAKFAST

Did you know that your school offers a healthy breakfast every day? Help make sure students are ready to learn by starting the day with school breakfast!

WHY EAT SCHOOL BREAKFAST?



Increased Productivity

Students who eat school breakfast have better attendance rates, improved behavior, decreased tardiness, and are more likely to have better comprehension and memory in class.



Better Health

School breakfast can help protect students against obesity and other negative long-term health outcomes. It can also stop hunger-related tummy aches and headaches, decreasing visits to the school nurse.



Easier Mornings

Eating school breakfast helps save money and gives families one less thing in the morning to worry about! Students can reliably eat a healthy, balanced meal every day.

School breakfast is available to all students, every day.
School breakfast includes fruit or vegetables, whole grains, and protein, making a nutritious start to the day.

Breakfast location: FCES/FCMS and FCHS Cafeterias

Breakfast time: 7:15 – 8:00 a.m. each morning

Menu can be found at: www.fulton.kyschools.us

If you would like additional assistance finding food resources, please contact Project Bread's FoodSource Hotline at 1-800-645-8333.

