**Jump-Start Your Day!**

**Breakfast at School!**

*The Studies Are In!* Research has proven that children who eat breakfast perform better in school, are more attentive, have better attendance and fewer visits to the nurse.

**Breakfast for a Buck!**

Community Consolidated School District 46 is committed to giving our students the healthy start and energy they need for better learning. Breakfast is now offered daily at every school in the district for only $1.00! Each breakfast follows the requirements of the National School Breakfast Program for the Calories and Nutrients needed to give students the fuel they need for ultimate performance.

Breakfast at school is convenient and economical. Overslept? No problem. Couldn’t get to the grocery store? No problem. Eat breakfast at school— even in the classroom! It’s easy! Purchase a 10 day breakfast ticket just like you do for lunch— only $10.00. Students eligible for free or reduced priced lunch can receive the same benefits at breakfast— no additional paperwork to fill out!

*Buy a breakfast card by October 6th and receive a free gift!*

*Eat breakfast any day until October 27th and receive a chance to win prizes!*

Food for thought...