

# FREE BREAKFAST FOR ALL STUDENTS, EVERY DAY!

Did you know that your school offers all students a free breakfast each 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 free 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 at no cost to all students, every day. School breakfast includes fruit or vegetables, whole grains, and protein, making a nutritious start to the day.

Breakfast location: All Lewis County Schools!

Breakfast time: Varies by location- Contact your school!

Menu can be found at:

<https://www.myschoolmenus.com/instance/352/district/363>

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

