



All students deserve to energize their day with a healthy breakfast. The School Breakfast Program (SBP) was established to ensure that our nation's schoolchildren have access to a well-balanced meal every morning that class is in session. However, what you may not know is that the SBP is a highly flexible program that empowers educators, administrators, and school food service staff with a wide range of options for providing breakfast service to students.

Benefits of a Healthy Breakfast

Studies have consistently shown that students who eat breakfast benefit nutritionally and educationally. Starting the day with breakfast has been associated with improved academic performance, improved classroom behavior and attentiveness, and fewer visits to the nurse. Busy parents also benefit tremendously from the SBP because their children will receive a healthy, balanced, and affordable meal at school that eases the burden of their hectic morning rush.

BREAKFAST IS SERVED EACH DAY AT RALEIGH BETWEEN
7:00 AND 7:30 AM

BREAKFAST IS SERVED EACH DAY AT NORTH STAR BETWEEN
8:00 AND 8:30 AM

Breakfast costs \$1.35

All Kindergarten students can eat breakfast for free!

START YOUR DAY OFF RIGHT! EAT A GOOD BREAKFAST!!