



## Start the Day Right with School Breakfast!

Did you know that a healthy breakfast helps fuel your child's success? **Breakthrough Charter School** offers nutritious and delicious breakfast options for all students **FREE of charge** Whether it's whole grains, fresh fruit, or protein-packed meals, school breakfast provides the energy your child needs to thrive.

Get your breakfast today in our school Nutrition Services from **7:30-9:00**



# STRONGER WITH SCHOOL BREAKFAST



School breakfast is shown to provide about...

- 48%** OF THE FRUIT
- 40%** OF THE DAIRY FOODS
- 30%** OF THE WHOLE GRAINS

**students need for the entire day.**

Based on the School Nutrition and Meal Cost Study, 2019