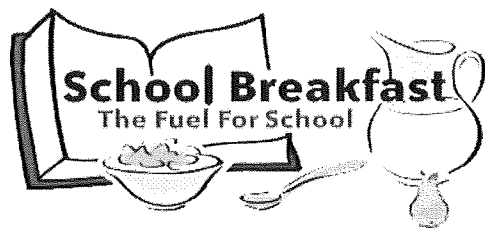


The Paintsville Independent School System is committed to serving well balanced meals and providing several opportunities which promote physical well being so as to increase the chances its students will perform to their maximum potential.



Why Breakfast at School

When students start the day with a nutritious breakfast, they start the day ready to learn. Some students skip breakfast at home because they are not hungry when they first wake up. Many families find it difficult for their children to get up, dressed, fed, and off to school. When parents rely on the School Breakfast Program, they can be assured that their child will receive a healthy breakfast

Breakfast Benefits

Higher Test Scores. Research has proven that children who eat school breakfast have higher math and reading test scores. **Improved Attendance.** Studies show that students who eat school breakfast are absent and tardy less often.

Fewer Trips to the School Nurse. When students eat school breakfast, nurses report fewer hunger-related office visits.

Improved Classroom Behavior. Students are better able to pay attention in class when they have eaten. Principals confirm that they see fewer discipline problems when students eat breakfast at school.

Better Learning. Students learn best when they have eaten close to class time.

The Program

Nourishing Meals. Meals served through the School Breakfast Program must meet federal nutrition guidelines. Each meal must include fruit or juice, milk, and cereal, bread, or other grain product. Some schools may also offer protein such as egg or cheese.

Money Savings. A School Breakfast typically costs less than \$1.25, considerably less than what the same breakfast would cost to serve at home. This price may vary depending on your school district and your household income. Your child may qualify for a free or reduced priced meal. Contact your school to fill out a school meals application.

Time Savings. The School Breakfast Program can make mornings easier when there is not enough time to prepare and eat a morning meal at home. Breakfast times vary by school so please call your child's school for details.

