

## “Launch Your Day with School Breakfast”



It's time for your children to **“take off”** to school in the morning and **“complete their mission”** of starting their day with a healthy school breakfast. School Breakfast will give your kid's  $\frac{1}{4}$  of their Recommended Daily Allowance (the minimum amount of nutrients they need a day for their bodies). As soon as they put the bite of breakfast into their mouths the nutrients will **“blast off”** to fuel the energy they'll need to get through their morning classes!

The School Breakfast Program began back in 1966 and is still making its **“cosmic voyage”** into the future of our schools. Through scientific research we have learned that **T**he School Breakfast Program has made a tremendous impact on the school day. Children who participate in the School Breakfast Program have an increase in math grades and reading scores, an improvement in attention span and classroom behavior as well as a reduction in school nurse visits. After reading the last statement your probably saying... “Wow, how can my child participate in this program?” The Hampton School System grants your wish by encouraging **all** children to come in for **a** morning meal. In fact, your child may be eligible for a free or reduced fee breakfast. You can contact Mary Borg, **t**he Food Service Director, for your answer. She can be reached at 926-9826 or by e-mail at [mborg@sau90.org](mailto:mborg@sau90.org)

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