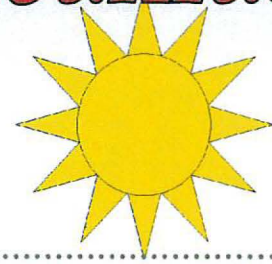


Discover School Breakfast!

WHY EAT BREAKFAST?

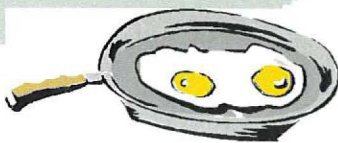
- It's a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you "charged up" for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting the day with a healthy breakfast revs your metabolism and keeps it going strong for the rest of the day.
- Studies show that when you eat breakfast, you are less likely to overeat during the day.



DISTRICT 518 BREAKFAST PROGRAM

- All students get one free breakfast each day at school for the 2024-25 school year.
- Breakfast served daily
 - Prairie 7:45AM-8:15AM
 - IMS 7:20AM-7:50AM
 - WMS 7:20AM-7:50AM
 - WHS 7:20AM-7:50AM
 - ALC 7:20AM-7:50AM
 - WCS 7:20AM-7:50AM

WHAT'S FOR BREAKFAST?



Cereal

Toast

Muffins

Sweet

Rolls

Pancakes

Fruit

Waffles

Hot Cereal

Bagels

English Muffins

Milk



**GRAB
N'
GO**

USDA and Worthington ISD518 are equal opportunity providers and employers.

