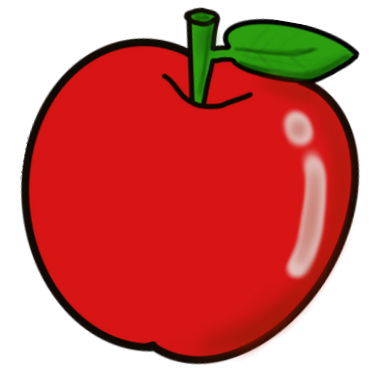




SCHOOL BREAKFAST PROGRAM

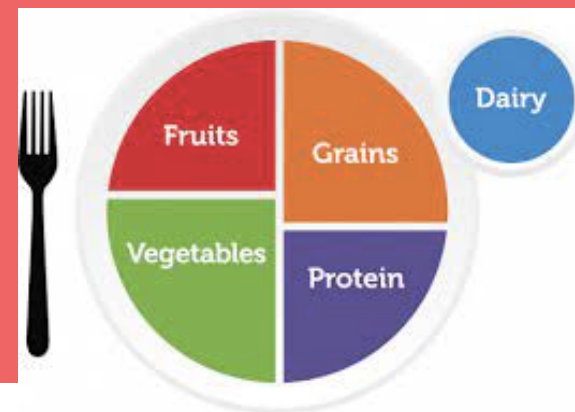


WHAT IS IT?

- Federally assisted meal program through the USDA and State agencies
- Free and reduced prices are offered for eligible children - Please contact your local school for more information

NUTRITION REQUIREMENTS

- All meals must follow regulations and policies that address fruits/vegetables served, types of grains, types of milk, sodium limits and more
- More information can be found here: <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>.



COST OF BREAKFAST AT HOME

Sausage Biscuit: \$1.13 per serving
 Apple: \$0.54 per serving
 Juice: \$0.19 per serving
 Milk: \$0.89 per serving

Total: **\$2.75** per breakfast

VS

COST OF BREAKFAST AT SCHOOL

School breakfast includes:

- 1 entree (grain + meat)
- 1 fruit
- Juice
- Milk

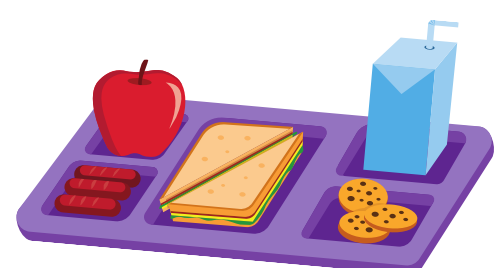
Cost per breakfast: **\$1.50**

By choosing school breakfast you could save at least **\$6.25** every week or **\$25** every month

**All prices listed from Costco

WHAT TIME?

7:15 am - 7:45: all four schools



WHERE?

- Pelham Oaks Elementary Cafeteria
- Pelham Ridge Elementary Cafeteria
- Pelham Middle School Cafeteria
- Pelham High School Cafeteria