



DID YOU KNOW??



10 Great Reasons to eat breakfast!

1. Children who eat breakfast show improved cognitive function, attention, and memory.
2. After eating breakfast children perform better on test of vocabulary and matching figures.
3. Eating breakfast regularly has been shown to improve math grades.
4. Eating breakfast also increases attendance and punctuality!
5. Children who eat breakfast are less likely to have behavioral, emotional and academic problems.
6. Children who experience hunger are more likely to be hyperactive.
7. Children with hunger are more likely to have repeated a grade, received special education services, or receive mental health counseling.
8. Children who eat breakfast tend to have more adequate nutrient intake than children who do not.
9. Breakfast may reduce obesity, adolescents who eat breakfast tend to have lower body mass index.
10. Children report that they believe eating breakfast increases their energy.

As you can see breakfast may just be the most important meal of the day!

But children are often rushed or not ready to eat breakfast at home.

We want to help!

Your school offers breakfast daily!

With breakfast your student receives a main entrée, milk and a fruit! What a great way to start the day!

Breakfast prices are as follows:

Free Students– Free

Reduced Students– \$0.30

Full Paid Students- \$1.25



Don't know what is on the menu? Check it out on southredford.net, under the student tab look for menus!

If you have questions about any of the above information please feel free to contact the food service office at 313-535-4000 x 1183.