

DID YOU KNOW?

You've all heard the saying,
"Breakfast is the most important meal of the day."
Let's take a closer look at why;

Children who eat breakfast....

- ❖ Perform better in school
- ❖ Have reduce absenteeism & tardiness
- ❖ Are less disruptive and more focused in the classroom
- ❖ Receive higher student achievement test scores
- ❖ Have healthier body weights
- ❖ Have improved nutrient intake
 - Nutrients missed at breakfast are usually not made up during the day



Breakfast is available at all school sites throughout the Santa Cruz Valley Unified School District.

All Student Meals are No Charge

Serving Times are posted on each school website and Menus are available at the front offices or available online at SodexoMYWay.



STUDENT
Well-Being