

School Breakfast is for Everyone!!!

START your day the right way. **School breakfast** will give you more energy and keep your body healthy.

Did you know that schools serve healthier versions of the same breakfast foods and cereals you buy in grocery stores? Our food suppliers make cereals, yogurts, juices, breakfast bars and other items especially for schools with lower sugar, higher fiber and whole grains to meet national nutrition guidelines!

Breakfast is served at SHS every morning from 8:00 AM until 8:30 AM.
Breakfast cost is \$1.25 (\$.30 for reduced or \$0 for free).

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