

# Corpus Christi Breakfast Shine with School Breakfast!

## Top Reasons Why Your Child Should Eat Breakfast at School

- **School breakfast saves you money.** During these difficult economic times, every dollar counts. If you get SNAP, or if your child receives free or reduced lunch, your children eats ***school breakfast for free***. *A paid breakfast is only \$1.60.*
- **School breakfast is fuel for learning.** Eating breakfast helps your child earn higher grades and focus on schoolwork.
- **School breakfast is nutritious.** Each meal provides at least ¼ of a child's nutritional needs for the day.
- **School breakfast means healthier children.** When children eat breakfast at school, nurses report fewer headaches, tummy aches, and fatigue.
- **School breakfast is available now.** Corpus Christi serves breakfast daily starting at **7:15am**. \*\*Note breakfast will not be served on ½ days.
- **School breakfast is convenient.** With busy morning schedules, breakfast at school helps reduce the stress on you and saves you time in the morning.
- **School breakfast may reduce obesity.** Eating breakfast reduces snacking or overeating later in the day.
- **Items available to purchase A la Carte:**
  - Assorted fresh fruit and Juice \$0.50
  - Chocolate, Skim or 1% Milk- \$0.60
  - Assorted Cereal and Breakfast Bars- \$1

## Your Child Can Shine with School Breakfast! Questions?

Food and Nutrition Services- Chartwells  
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