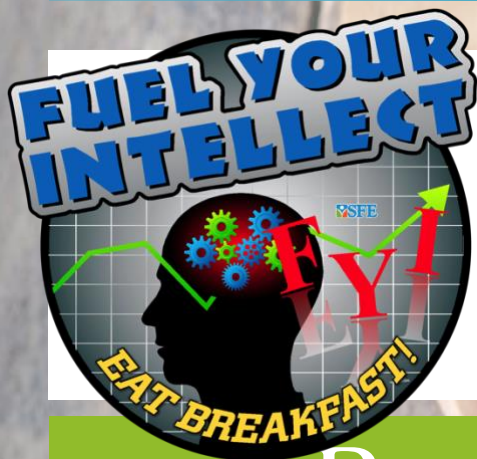


SFE School Breakfast



Eating breakfast is the best start to every great morning! With the high demand of today's fast paced lifestyle, many students may not be able to sit down for a balanced breakfast each morning before heading to school. However no need to worry, our schools are offering a great variety of healthy & tasty options. Students have the opportunity to have easy access to get a great start to their day with healthy nutrition!

Breakfast Benefits

- School breakfast meals meet the USDA standards for calories, sodium, and saturated fat.
- Healthy options such as variety of fresh fruit, dairy, and grains are served daily for breakfast.
- Students are exposed to healthy food combinations to create healthy life habits.
- School Breakfast eliminates the occurrences of students to not start school on an empty stomach, feeling tired, hungry or irritable.
- Increases children's ability to concentrate on schoolwork.
- Decreases behavior problems, tardiness and visits to the nurse.
- Increases attendance rates.

School Breakfast Program
is available at
Charles A. Bejarano
Elementary
&
Lee Kornegay Intermediate

Free to ALL STUDENTS!

Applications available on MUSD
district website & at the district
office.

<https://www.miamiusd40.org>

Menu

Daily Example of School Breakfast

- Whole Grain Pancakes with Pancake Syrup
- Assorted Low Sugar Cereal
- Fruit Bar:
Assortment of
Fresh, Canned and
100% Fruit Juice
- Variety of Milk

Come take advantage of School Breakfast today!

www.sfellc.com

For more information on School Breakfast Program: <http://www.fns.usda.gov/sbp/school-breakfast-program-sbp>

This institution is an equal opportunity provider.