



EAT BREAKFAST AT SCHOOL!

Mornings can be really crazy...the alarm doesn't go off...the kids don't want to get up...there's no time to eat breakfast before the bus comes...or they're just not ready to eat. Or maybe your teenager grabs a can of soda and a candy bar on the way to school. If this sounds like your house, we have good news for you.

Breakfast is served at school! School breakfast will give your child a healthy start to the day. A nutritious breakfast helps students be more alert so they can learn more in class. Breakfast has vitamins and nutrients for a strong and healthy body.

Breakfast at school is affordable, too. If you qualify for free and reduced price meals, you also qualify for the breakfast program, with no additional paperwork. You can't find a healthy breakfast at such a low cost anywhere else.

Help your child start the day right with school breakfast!

Breakfast Provides Benefits... [Make it a Priority!](#)

Higher Test Scores. Research has proven that children who eat breakfast have higher math and reading scores.

Improved Attendance. Studies show that students who eat breakfast are absent and tardy less often.

Fewer Trips to the School Nurse. When students eat breakfast, nurses report fewer hunger related office visits.

Improved Classroom Behavior. Students are able to pay attention in class when they have eaten. Principals confirm they see fewer discipline problems when students eat breakfast.

Better Learning. Students learn best when they have eaten a good breakfast. They have sharper memory, show faster speed on cognitive tests and have broader vocabularies.

More Time on Learning. When students eat breakfast, they have better concentration and classroom behavior. This allows teachers to spend more time teaching and less time on discipline.

The School District of Pickens County is proud to have the following breakfast programs available:

Traditional Breakfast through the Serving Line

Traditional breakfast offers a *hot meal available in the cafeteria before school starts*

Universal Breakfast Program

Universal breakfast is FREE to all students regardless of their meal status.

Universal Free Breakfast Schools:

C3

**Central Elementary
Chastain Road Elementary
Liberty Elementary
McKissick Elementary
West End Elementary**

AND

Breakfast in the Classroom

Breakfast in the Classroom Schools:

Breakfast in the Classroom is when the students eat together in the classroom, usually the homeroom, at the start of the school day

**AR Lewis Elementary
Central Elementary
Chastain Road Elementary
Crosswell Elementary
Dacusville Elementary
East End Elementary
Hagood Elementary
Holly Springs Elementary
Liberty Elementary
Liberty Middle
Pickens Elementary
Six Mile Elementary**



