FREE BREAKFAST
FOR ALL STUDENTS, EVERY DAY!

Did you know that your school offers all students a free breakfast each day? Help make sure students are ready to learn by starting the day with school breakfast!

WHY EAT SCHOOL BREAKFAST?

Increased Productivity

Students who eat school breakfast have better attendance rates, improved behavior, decreased tardiness, and are more likely to have better comprehension and memory in class.

Better Health

School breakfast can help protect students against obesity and other negative long-term health outcomes. It can also stop hunger-related tummy aches and headaches, decreasing visits to the school nurse.

Easier Mornings

Eating free school breakfast helps save money and gives families one less thing in the morning to worry about! Students can reliably eat a healthy, balanced meal every day.

School breakfast is available at no cost to all students, every day.
School breakfast includes fruit or vegetables, whole grains, and protein, making a nutritious start to the day.

Breakfast location: Your student's school

Breakfast time: 7:30 – 8:00 AM

Menu can be found at: www.lhusd.org

If you would like additional assistance finding food resources, please contact Project Bread's FoodSource Hotline at 1-800-645-8333.

Scholarship Character Humanity

LAKE HAVASU UNIFIED SCHOOL DISTRICT