



WHAT ARE THE BENEFITS OF EATING BREAKFAST?

- Gives you energy
- Allows you to focus and concentrate during school
- Lack of hunger
- Nutritional value
- Improves your mood
- Improves performance in school
- Keeps you full until lunch time
- Keeps your heart healthy



Did you know that breakfast is the most important meal of the day?

At North Syracuse School District, your child can eat a full breakfast at school every single day!

At North Syracuse School District, we offer a wide range of healthy breakfast items such as whole grains, low-fat or fat-free milk, fruit, and balanced meals.

CHECK OUT THIS WEEK'S MENU ON OUR WEBSITE UNDER THE MENUS TAB!