



**Eat Breakfast at PRCS
every school day to
start your day off right!**

Contact Ms. Hadi with questions about the
School Breakfast Program at PRCS

609-394-7727



THE SCHOOL BREAKFAST PROGRAM

1. *What is the School Breakfast Program?*

The School Breakfast Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions that began in 1966 and was made permanent in 1975. The School Breakfast Program is administered at the Federal level and at the State level, which operate the program through agreements with local school food authorities in more than 89,000 schools and institutions.

2. *How does the School Breakfast Program work?*

The School Breakfast Program operates in the same manner as the National School Lunch Program. School districts and independent schools that choose to take part in the breakfast program receive cash subsidies from the U.S. Department of Agriculture (USDA) for each meal they serve. In return, they must serve breakfasts that meet Federal requirements, and they must offer free or reduced price breakfasts to eligible children.

3. *What are the meal requirements for school breakfasts?*

School breakfasts must meet the meal pattern and nutrition standards based on the latest *Dietary Guidelines for Americans*. This includes whole grains, zero grams of trans fat per portion and appropriate calories for grades K-5, 6-8, and 9-12. More fruit will be offered to students beginning SY 2014-15 and the first target for reduction of sodium.

All school breakfasts must meet Federal meal requirements, though decisions about which specific foods to serve and how they are prepared are made by local school food authorities.

4. *How do children qualify for free and reduced price breakfasts?*

Any child at a participating school may purchase a meal through the School Breakfast Program. Depending on family income, students may qualify for free or reduced breakfast.

5. *What other support do schools get from USDA?*

Through Team Nutrition, USDA provides schools with technical training and assistance to help school food service staffs prepare healthy meals, and with nutrition education to help children understand the link between diet and health.

For more information: For information on the operation of the School Breakfast Program and all the Child Nutrition Programs, visit <http://www.fns.usda.gov/office-type/child-nutrition-programs>, select your State from the drop down box and select "apply."