

# School Breakfast

The most important meal of the day because kids that are hungry in the morning have a tougher time learning in school. And it's FREE every day!

Penn Hills Charter School of Entrepreneurship is ON THE MOVE to a healthier School Breakfast. With fresh fruit daily, reduced sugar cereal, fat free milk, and healthier ingredients, it is a great way to start the day. Please encourage your student(s) to take advantage of this FREE breakfast every day!

School Breakfast has been linked to:

- Better test scores
- Better concentration
- Better memory
- Fewer disciplinary problems
- Fewer visits to the school nurse