



School Breakfast Facts

A great breakfast program is offered at Barron Park, Escondido at recess every day and all secondary sites daily!

Thanks to funding from the PAUSD School Board, the following elementary schools offer free breakfast to all students every morning at 7:15 am: Addison, Walter Hays, El Carmelo, Escondido, Barron Park, Fairmeadow and Briones.

Here are some fun facts about school breakfast:

- *It's easy!* Instead of running around in the morning trying to make sure your children eat a healthy meal, let us do the work. They can get a great breakfast at school, and there will be no dishes for you to wash!
- *It's affordable!* If qualified, your child may be able to get breakfast at a reduced price or for free. If your child already eats a free or reduced priced lunch, they automatically qualify for a free or reduced priced breakfast.
- *It's tasty!* Schools now have more variety to choose from when deciding what to offer your children for breakfast. Request a menu so you can view what your child may be eating at school.
- *It's good for the brain!* Research suggests that not having breakfast can affect children's intellectual performance (CDC).

This institution is an equal opportunity provider.