



**COME  
AND GET  
IT!!!**

## **DON'T FORGET BREAKFAST!**

- The most important meal of the day!
- Breakfast gets the body going!
- Studies have shown that students who eat breakfast do better academically than those who do not eat breakfast!

Time : 7:45 - 8:15

Location : All NCP cafeteria's

Price : \$1.80 Students , \$.30 Reduced ,  
Adults \$ 2.90



# LAUNCH YOUR DAY WITH BREAKFAST!



Wake up and fuel up to help your day take off!



**SCHOOLS PROVIDE HEALTHY MEALS  
TO ALL STUDENTS, REGARDLESS OF INCOME.**



✓ **APPLY** ✓

ASK YOUR SCHOOL HOW TO APPLY FOR  
**FREE AND REDUCED MEALS**  
TO SEE IF YOUR CHILD QUALIFIES FOR THIS AND  
OTHER IMPORTANT EDUCATIONAL BENEFITS.

**EVERY CHILD DESERVES TO BE WELL FED AND READY TO LEARN.**

