Kyrene School District is committed to ensuring that all of our students start the day with a healthy breakfast. Kids who eat breakfast tend to perform better in school, have better attendance rates, and display fewer behavior problems. We know that morning routines can be hectic and many kids aren’t hungry when they wake up and that is exactly why we provide breakfast every morning in a way that allows all students to participate.

Breakfast is served at all 6 Middle Schools and 15 Elementary Schools, who serve breakfast in the school cafeteria prior to school starting. We serve a nutritious breakfast to our students following the guidelines provided to us through the SBP. Eating with classmates and/or friends every morning creates a community experience, and takes pressure off parents and caretakers to provide breakfast in the morning.

Breakfast is not served at these sites currently:
Kyrene del Cielo
Kyrene Monte Vista
Kyrene de los Cerritos
Kyrene de la Sierra

How does it work?
Breakfast is available approximately 30 minutes before school start 5 days-a-week. See the Meal Times page for exact time breakfast is served at your children’s site.

Is my child required to eat breakfast?
Participation in the school breakfast program is voluntary. If you have submitted a meal application, and were approved for Free or Reduce-price status, this same eligibility covers breakfast meals.

What is being served for Breakfast? Is the food healthy?
We publish our menus monthly, and they are available online and are distributed in hardcopy printed format for students to bring home. Any food items served at breakfast must meet strict dietary guidelines created by the United States Department of Agriculture (USDA).

Milk is served daily, as well as fruit or juice. Entrees are nutritious and easy to eat quickly. Meals often include popular breakfast items such as cold cereal, bagels and string cheese. On “Hot Food Days,” a hot entrée such as Whole Grain Pancakes, Egg and Cheese Burrito, Cinnamon Sugar Oatmeal are served. We work hard to identify which foods are student favorites, and which foods should be taken off the menu. Additionally, we regularly survey students to gain valuable feedback regarding their breakfast preferences.

Does eating school Breakfast contribute to childhood Obesity?
Research has shown that obesity rates do not increase for kids who eat breakfast at home and at school. In fact, skipping breakfast is associated with a 2.66 times higher risk of being obese or overweight than eating breakfast at home. Students who eat school breakfast are also more like to have a better overall diet, eating more fruits, dairy and a variety of foods.

What about food waste?
Through thoughtful menu planning and careful cafeteria practices, we’ve designed our breakfast program to be efficient and effective in providing kids with healthy food to start their day, while also reducing food waste. Some schools take advantage of a “share table” that allows children to put food they aren’t going to eat on this table, so other children can take it. We give the
children several choices of breakfast items to select from to reduce the amount of food that ends up in the trashcan.

**Where can I get more information?**
You may also contact Southwest Foodservice Excellence (SFE) at 480-541-1660 with questions.