



Did you know that breakfast is the most important meal of your child's day? It provides the nutrients and energy needed to concentrate in school. Research shows that students who eat breakfast, have better grades and pay more attention in class. Please encourage your child to eat breakfast daily!

The Red River Parish School Board Offers breakfast to ALL students daily. Full Pay breakfast is offered at no cost to all students. Breakfast includes nutritious offerings that will help your student start the day with the energy needed to improve mental and physical performance.

## START RIGHT STAY BRIGHT WITH BREAKFAST

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