

Start the Day Right with School Breakfast!

Did you know that a healthy breakfast helps fuel your child's success? Legacy Charter School offers nutritious, delicious breakfast options for all students **at no cost**. Whether it's whole grains, fresh fruit, or protein-packed meals, school breakfast provides the energy your child needs to thrive.

Get your breakfast today in our school Nutrition Services from 8:00 a.m. to 9:00 am.



STRONGER WITH SCHOOL BREAKFASTTM



School breakfast is shown to provide about...

Food Group	Percentage
Fruit	48%
Dairy Foods	40%
Whole Grains	30%

students need for the entire day.

Based on the School Nutrition and Meal Cost Study, 2019

The graphic includes illustrations of an apple, a carton of low-fat milk, and a hamburger, each with an arrow pointing to its respective percentage.