

Piscataway Township Schools

BREAKFAST **FREE DAILY**

Piscataway Township Schools is happy to announce we will be serving **FREE Breakfast for the 2026 / 2027 School Year!** Breakfast will be **Available Daily!**

BENEFITS OF BREAKFAST ACCORDING TO THE USDA:

- 🍎 Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.
- 🍎 By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.
- 🍎 Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.
- 🍎 Eating breakfast as a child is important for establishing healthy habits for later in life.

