



Universal School Breakfast Program

Adams County Ohio Valley School District

- **WHO:** Open to all students free of charge when taking at least **three** of the **four** components offered. **One** of the components taken **MUST** be a **fruit** choice.
- **WHAT:** School Breakfast! There are **four** components offered daily...**grain**, **grain/meat/meat alternate**, **fruit** and **fluid milk**. Students must take at least **three** of the **four** components offered and **one** of those components **MUST** be a **fruit** choice.
- **WHEN:**
 - NAE - 7:20am - 8:00am
 - NAHS - 7:15am - 8:00am
 - OVCTC - 7:45am - 8:05am
 - PES - 7:20am - 8:00am
 - PHS - 7:35am - 7:50am
 - WUE - 7:25am - 8:00am
 - WUHS - 7:25am - 7:55am
- **WHERE:** The school cafeteria
- **WHY:** School breakfast is awesome! Healthy bodies equal healthy minds! Students who eat school breakfast (or breakfast in general) are more attentive in class and have fewer visits to the nurse's office during the day.



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