

Hollidaysburg Area School District Food Service Department is offering

FREE BREAKFAST on PSSA Math & Reading TEST DAYS



Just in time for National Nutrition Month, the Hollidaysburg School District's Food Service Department is offering your child a **FREE BREAKFAST** on the days of **Math & Reading PSSA testing**.

It's been well documented that eating breakfast daily improves academic achievement, yet too many children miss out on the most important meal of the day. Numerous studies have shown that breakfast can improve a student's memory, test scores, school attendance and cut down on visits to the school nurse. Research has also shown that children who eat breakfast each day have a higher intake of vitamins and minerals and maintain a healthier weight than those who skip breakfast.

Fortunately, the Hollidaysburg Area School District's breakfast program offers students the healthy foods they need to keep on track during their busy school day. Every school breakfast served meets federal nutrition standards limiting fat and portion size.

Join us for Breakfast during PSSA Testing and EVERY DAY!

Give your child that extra advantage by having them eat a nutritious breakfast at school

*If you have any questions concerning the breakfast program at **Allegheny #1 Elementary School**, please contact **Betty Sensabaugh**, Cafeteria Manager at 814-695-3561 or email her at betty_sensabaugh@tigerwires.com*

