

Hardyston Township Schools

BREAKFAST SERVED DAILY

Hardyston Township Schools is happy to announce we will be serving Breakfast for the 2025/2026 School Year! Breakfast will be Available Daily!

Did you know that students who already participate in the 2025-2026 Free/Reduced Meals Program are also able to get Breakfast this school year?

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.



Healthy meals grow

healthy kids!