



Houghton Lake Community Schools is proud to announce that all of its schools are still serving Universal Breakfast. Universal breakfast means that all students attending Houghton Lake Community Schools can eat breakfast for FREE every day they attend school. Universal breakfast offers a variety of foods including low-sugar cereals made with whole grains, cereal bars, graham crackers with low-fat yogurt, 100% fruit juice and 1 % white milk, just to name a few. The staff at Houghton Lake Community Schools would like to take this opportunity to encourage ALL students to participate in this fantastic free breakfast program.

School Breakfast Program

Research demonstrates the importance of providing breakfast to children and youth. Children who eat a good breakfast tend to perform better in school, have better attendance, and exhibit fewer behavior problems. In addition, children who eat a good breakfast develop healthy eating habits, visit the school nurse less frequently, and are less likely to be obese. Despite the benefits of breakfast, for a variety of reasons, many kids aren't able to eat a healthy breakfast at home in the morning.

The School Breakfast Program offers kids a nutritious breakfast at school so they can start their day off right. While the program is underutilized - only about half of the low-income students who rely on a free or reduced-price lunch at school participate - schools, districts, education groups, and others across the country are supporting efforts to increase access to school breakfast programs. They are ensuring that more eligible students enroll in the meals program, increasing awareness about the importance of breakfast and availability of breakfast at schools, and implementing [service delivery models](#) that have proven to be successful in increasing participation

This institution is an equal opportunity provider