

The Board of Trustees and staff of Galena Park ISD are committed to ensuring every student has the opportunity to eat a free nutritious breakfast at our schools every day.



FREE Breakfast

The Galena Park ISD School Nutrition Department ensures each child is ready to start their day by having a nutritious breakfast available at all schools. Meals are designed to provide optimal nutrition, aligning with the recommendations of the Dietary Guidelines for Americans.

- All grains offered with breakfast are whole grain rich providing students with a variety of nutrients such as iron, B vitamins and fiber.
- All variety of fresh and cupped fruit choices are available (cupped fruits are packaged in natural juices or light syrup).
- All milk and dairy products are fat-free or low-fat and provide an excellent source of calcium, vitamin D and potassium.

Galena Park ISD is offering a variety of ways to provide breakfast to our students. Meals in the classroom, Grab-n-Go, Breakfast after the Bell, and even traditional cafeteria style!



What makes a Free Breakfast meal?

The School Breakfast Program offers students the opportunity to create a meal from a variety of food groups. The food groups offered for breakfast are:

Grains

Proteins

Fruits

Milk

In order to receive a FREE breakfast, children must select three or four of the above food groups. At least one of the choices selected must be from the **fruit group**.

POWER UP with a variety of Breakfast items such as:

- Breakfast Sandwiches
- Assorted Cereals
- Eggs or Omelets
- French Toast
- Pancakes
- Yogurt

**Free Breakfast is offered to
ALL students enrolled in Galena Park ISD!**

