



Arts Academy at Estrella Mountain

School Breakfast Program

At the Arts Academy at Estrella Mountain (AAEM), we prioritize student success by ensuring every student starts their day with a nutritious breakfast. Our program not only fuels learning but also fosters a sense of community among students. Join us in discovering how AAEM's breakfast initiative supports student well-being and academic achievement.

1. Accessibility:

-Breakfast in the Classroom (K-5): Students receive breakfast as they arrive in their classrooms. They have the first 15 minutes of class to eat together, fostering a community atmosphere while providing them with the fuel needed for learning.

-Lunch in the Cafeteria (6th-8th): Students receive breakfast upon arriving at the gym/cafeteria. They choose from various food groups to create a complete meal and have the opportunity to enjoy breakfast with classmates before classes begin.



2. Benefits of Breakfast:

- Eating breakfast is associated with better academic performance and attendance rates among students. This is supported by resources like the No Kid Hungry; Starts with Breakfast initiative.

3. Community Experience:

- Eating breakfast with classmates daily helps in building a sense of community among students, which can contribute positively to their overall school experience.

4. Efficiency and Effectiveness:

- The breakfast program is designed with thoughtful menu planning and efficient cafeteria practices to ensure that it operates smoothly and effectively.

Overall, AAEM's approach to breakfast not only focuses on providing nutritious meals but also emphasizes the social and academic benefits of starting the day with a healthy breakfast shared with peers. This initiative underscores our commitment to the well-being and academic success of our students.

Where can I get more information?

Contact **Lorena Lopez-Food Service Director** at **623-474-2120** ext **0716** or **LLOPEZ@plccs.org** for additional questions/concerns. Keep updated on school menus on our website. To find out more about No Kid Hungry and the benefits of school breakfast please contact us.

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2. fax:

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