

BREAKFAST

Kindergarten and 1st Grad Students: 7:40 a.m. to 8:05 a.m.

*Ben Sheppard PLC Students: 7:40 a.m. to 8:05 a.m.

**Only 1 parent may accompany Pre-Kindergarten student during breakfast.*



Miami-Dade County Elementary Schools offer breakfast from 7:30 a.m. to 8:15 a.m., Middle Schools from 8:00 a.m. to 8:45 a.m. and High Schools from 6:30 a.m. to 7:15 a.m. All schools in M-DCPS offer a breakfast at no charge to all M-DCPS Students. The breakfast at no charge is not dependent on the student receiving free/reduced meals at lunch. If good breakfast eating habits are encouraged early in life, then it will ensure good eating habits for a lifetime. **Remember that your body is like a car, it needs "fuel" to keep on moving, so starting your day without breakfast is like starting your car without gas.**