



Breakfast eaters tend to perform better in the classroom than those who do not eat breakfast.

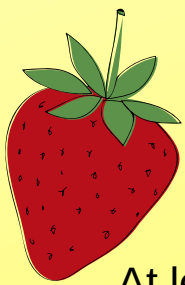


Breakfast kickstarts your day so you have more energy to move and play!

ENERGY

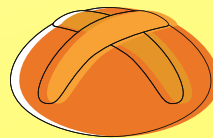
BRAIN POWER

Start Your Day Right With School Breakfast!



Fruit

At least 1 cup



Grains

At least one serving at breakfast and lunch. 1/2 must be whole grains!

Milk

At least 1 serving of unflavored milk



Vegetables

Non-starchy vegetables may be offered in place of fruit at breakfast



Protein

At least one serving at breakfast and lunch

What is offered at breakfast?

A steady blood sugar, linked to eating breakfast, helps us stay focused during the day!



FOCUS

Regular breakfast eaters tend to have healthier body weights than those who do not eat breakfast.



WEIGHT CONTROL