

# School Breakfast

Some mornings, it's tough to find the time to make sure your kids are eating a nutritious breakfast. On those days, why not send them to the School Breakfast Program? Each meal meets government nutritional guidelines and standards.

Schools are required to provide a breakfast meal that includes fruit, whole-grain rich items, and low-fat milk.



## A Healthier Start to their Day

Compared to children who do not eat breakfast or eat breakfast at home, children who eat school breakfast:

- Are less likely to be overweight
- Eat more fruits
- Drink more milk
- Have improved nutrition
- Consume a wider variety of foods<sup>4</sup>

Breakfast is served daily from 7:00-7:30am

Student Breakfast Meals are FREE

Adults \$1.90

Check your child's menu to see the variety of nutritious choices available at School Breakfast.

*This institution is an equal opportunity provider.*



## Our Breakfast Program Benefits

We offer healthy, delicious meals for all students every morning.

School Breakfast supplies 1/4 of the Recommended Daily Allowances your child needs.



No need to worry if your children are eating nutritious breakfasts.

No more starting school on an empty stomach and feeling tired.

Improves classroom performance.

Increases children's ability to focus on school work.

Decreases behavior problems and visits to the nurse.

Breakfast is served daily from 7:30-8:00am

Full Price \$1.25 Reduced \$.30

Students on FREE lunch are FREE

Adults \$1.80



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# Did YOU Know?

Research shows that students who eat breakfast at school perform better on standardized tests than those who skip or eat breakfast at home. School breakfast also improves a student's concentration, attentiveness, comprehension, memory and learning.

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The overall wellbeing and growth of our students is a priority!

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## Students Who Eat Breakfast at School Have:



### Better Focus, Attention, and Retention

Providing breakfast to students at school improves their concentration, alertness, comprehension, memory, and learning.<sup>1</sup>



### Improved Performance on Tests

Children who eat breakfast at school—**closer to class and test-taking time**—perform better on standardized tests than those who skip breakfast or eat breakfast at home.<sup>2</sup>



### Fewer Disciplinary Problems

Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores, as well as decreased tardiness.<sup>3</sup>

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Help your child start the day right with **School breakfast!**

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Students on FREE lunch are FREE

Adults \$1.80

School breakfast will energize your child's day and provide them with a healthy start. A nutritious breakfast helps students be more alert so they can learn more in class, and has plenty of vitamins and nutrients for a strong and healthy body.

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## Below are five ways school BREAKFAST benefits kids

1. **Higher Test Scores:** Hunger makes school harder. Students who eat school breakfast achieve higher scores on standardized tests.
2. **Calmer Classrooms:** Children who do not regularly get enough nutritious food to eat tend to have significantly higher levels of behavioral, emotional and educational problems.
3. **Fewer Trips To The Nurse:** When kids come to school hungry, they visit the school nurse more often due to stomachaches and headaches. Kids who struggle with hunger are also likely to be sick more often, slower to recover from illness, hospitalized more frequently and more susceptible to obesity.
4. **Stronger Attendance & Graduation Rates:** Students who eat school breakfast attend more school days. Chronic absenteeism, defined as missing three weeks or more of school, decreases by 6 percentage points on average when students have access to Breakfast After the Bell. Attendance is important, as students who attend class more regularly are 20 percent more likely to graduate from high school.
5. **Maximizes Our Country's Future:** When children are hungry, they struggle to grow up into strong, healthy and productive members of our society. This comes at a massive cost to the American economy and it's potential.

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