

Discover School Breakfast

Did you know breakfast is served at school?

- That's right, breakfast is served daily in the classroom -

Benefits of Eating Breakfast

- Breakfast at school comes at no cost to you!
- Eating breakfast gives your brain energy to think clearly in your classes and gets you “charged up” for the day.
- By eating breakfast, students get important nutrients, vitamins and minerals such as calcium, dietary fiber, folate, and protein.
- Starting the day with a healthy breakfast revs your metabolism and keeps it going strong for the rest of the day.
- Studies show that when you eat breakfast, you are less likely to overeat during the day.
- Eating breakfast can help improve math, reading, and standardized test scores.
- Breakfast helps students pay attention, perform problem-solving tasks, and improves memory.
- What you eat for breakfast can have an impact on learning. One study showed that eating a breakfast high in fiber and low in sugar helped improve students’ academic performance.

What's for breakfast?

Cereal

Fruit

Graham Crackers

Milk

Juice



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