

BREAKFAST

REALLY IS AN IMPORTANT PART OF YOUR DAY



Many households today are so rushed in the mornings. Trying to get everyone up and ready for school or work, often leaves no time to sit down and eat a healthy, nutritious breakfast. In some cases students are just not hungry first thing in the morning. Whatever the situation, it is common for kids to skip breakfast.

Studies have shown that breakfast makes a difference in how kids learn and behave in school.

Children who skip breakfast are more likely to be hyperactive, have behavioral and attention problems, be absent or tardy, have slower memory recall, lower vocabulary and math scores and are more likely to repeat a grade.

Children who eat breakfast at school show improvements in concentration, alertness, comprehension, memory, learning and they perform better on standardized tests. Consuming breakfast also improves performance on demanding mental tasks and reaction to frustration. Children are also more likely to consume diets that are adequate or exceed standards for important vitamins and minerals. Studies have also shown eating breakfast is associated with a lower body mass index (BMI, an indicator of excess body fat), lower probability of overweight/obesity.

*Skipping breakfast
and experiencing
hunger affects
children's ability
to learn.*

*Eating breakfast
at school helps
improve children's
school
performance.*

*Launch your day off
right and come join us
for breakfast in the
cafeteria at your school.*

*Breakfast is served
before school starts.*

The cost for breakfast:

K-12 Full Paid Student - \$1.25
K-12 Reduced Student - \$0.30
K-12 Free Student - FREE

