

Eat Better. Learn Better.

with **School Breakfast**



It's true! Breakfast is an essential meal, especially for school children. The School Breakfast program provides all students the opportunity to get the nutrition they need to stay alert and focused in the classroom. Students who eat a well-balanced breakfast rich in protein, whole grains, fruits/vegetables and low-fat/fat-free milk have better academic performance and behavior.

Top 3 Reasons not to skip school breakfast

- 1 Children who eat breakfast at school — closer to class and test-taking time — **perform better on standardized tests** than those who skip or eat breakfast at home.¹
- 2 Students who eat breakfast in school show **improved attendance, behavior** and **academic performance**, as well as **decreased tardiness**.¹
- 3 Schools now offer breakfast in the classroom and after the bell with grab n' go options that are nutritious and delicious to **fuel your child's body and mind**.



¹ Food Research & Action Center, Research Brief: Breakfast for Learning. This brief was originally prepared in September 2011 and updated in the spring of 2014 by FRAC's Madeleine Levin, MPH, Senior Policy Analyst. This brief was updated again in October 2016 by FRAC's Heather Hartline-Grafton, DrPH, RD, Senior Nutrition Policy and Research Analyst.



School Breakfast Rocks!

School nutrition professionals work tirelessly to ensure students get a **delicious and nutritious breakfast** each & every school day.

- Federal nutrition standards ensure school breakfast offers nutritious choices including all food groups from MyPlate.
- The protein in eggs, in combination with a well-balanced breakfast, can help keep kids satisfied and fueled.
- Eggs get extra credit for the nutrients choline and lutein, nutrients important for brain health.
- School breakfast offers parents a convenient and nutritious alternative to breakfast at home.

What does a School Breakfast look like?

Students can choose **one serving from each** of the below MyPlate food groups:

Whole Grains/Protein

Fat-Free/Low-Fat Milk

Fruit and/or Vegetable or Juice



Breakfast in the Classroom*

Increased

- standardized test scores
- concentration
- alertness
- comprehension
- memory
- learning
- attention
- participation & more!

- tardiness
- behavioral issues
- absenteeism
- stigma

Decreased

incredible!

Check out our school menu at