

# Discover School Breakfast!

## WHY EAT SCHOOL BREAKFAST?

- It's a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you "charged up" for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- 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.

School Breakfast is Served Monday-Friday from 7:15am – 8am

## WHAT DO OTHER KIDS SAY ABOUT EATING SCHOOL BREAKFAST?

- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"

## WHAT'S FOR BREAKFAST?



- |          |                 |
|----------|-----------------|
| Cereal   | Fruit           |
| Toast    | Waffles         |
| Muffins  | Hot Cereal      |
| Pancakes | Bagels          |
| Eggs     | English Muffins |
| Yogurt   | Milk            |
| Cheese   |                 |

