

Why Eat school Breakfast?

School Breakfast *really* is the most important meal of the day for kids and provides the necessary energy to start a day of learning and achievement. Research has shown that children who eat breakfast at school:

- Score better in standardized tests
- Have fewer health issues
- Behave better in class

Research also shows that kids who skip breakfast rarely make up for missed nutrients later in the day – so skipping breakfast could also affect the after school activities that they really love!

School Breakfast: Good for your Kids

School breakfast provides 25% of the recommended daily allowance of protein, calcium and iron, vitamins A and C and calories for your kids as well as meeting federal nutrition guidelines based on the Dietary Guidelines for Americans.