



## Breakfast At School

Mornings can be really crazy! The alarm doesn't go off, the kids don't want to get up, there's no time to eat breakfast before the bus comes or they're just not ready to eat. Or maybe your teenager grabs a can of soda and a candy bar on the way to school. If this sounds like your house, we have good news for you. Breakfast is available at school! Take advantage of this option to ensure your child eats a nutritious breakfast.

Recent studies show a link between nutrition and learning. A nutritious breakfast helps students be more alert so they can actively participate in class. Breakfast has vitamins and nutrients for a strong and healthy body.

Breakfast at school is affordable too. So take advantage of this opportunity to start the day on the right foot. Your child will find breakfast at school provides not only a nutritious meal but also a relaxed atmosphere for socializing with friends and siblings.

### Some Breakfast Items Offered

Cereal, Yogurt, Banana bread, Pancake/ sausage sandwich, Cereal Bar, Fruit Pastry, Whole grain donuts, Fruit/vegetable juice. Fresh fruit, Fruit cups, Dried fruit, Choice of milk.

\*USDA is an equal opportunity provider and employer.