

# Breakfast Provides Fuel for School & Boosts Brain Power

Want your children to be alert, focused and ready to tackle the day's academic challenges?  
*We help by providing breakfast for FREE!*



## Breakfast=Achievement

National studies consistently confirm that breakfast provides fuel for school and boosts brain power. Eating breakfast:



- Improves classroom performance
- Helps improve test scores and grades
- Increases focus to concentrate on school work
- Improves attendance
- Less tardiness
- Fewer visits to the school nurse
- Supplies 1/4 of the Recommended Daily Allowances a child needs
- **Breakfast Provides Benefits... Make it a Priority!**

## The Mountain View School District promotes a Wellness Policy and students are making a healthy life-style choice when they eat school meals.

- Lunches are designed to provide 1/3 of a student's daily RDA – The Recommended Dietary Allowance for protein, calcium, iron, Vitamin A, Vitamin C, and calories.
- The foods selected for the school lunch program contain Whole Grains, less than 30% calories from fat, and no trans fats.
- Salad Bars at each cafeteria offer a variety of fresh fruits & vegetables, which may include cucumbers, baby carrots, broccoli, tomatoes, jicama, salad greens, tangerines, grapes, bananas, apples, and oranges.
- Meals are designed to appeal to children, and introduce students to a wide variety of healthy food choices.
- Each lunch contains an entrée, a vegetable, a fruit, bread and 1% or non-fat milk

