

# School Breakfast

## Stops the Hunger, Starts the Learning

Over twenty research studies show that children who eat breakfast:

- ✓ Have improved test scores in math and reading—and on standardized tests
- ✓ Have improved performance in sports and other extra-curricular activities
- ✓ Are better able to pay attention and perform problem-solving tasks
- ✓ Have fewer absences, tardies, and disciplinary problems
- ✓ Get more of the important nutrients that they need, such as calcium, dietary fiber and protein
- ✓ Are less likely to be overweight



The School Breakfast Program offers all children a critical jump start at the beginning of the day! Ask your child to join us for breakfast at the School Cafeteria!!