



# SNS MONTHLY NEWS

Your Source for School Nutrition News

[www.okcpsnutrition.org](http://www.okcpsnutrition.org)

## Why Eat Breakfast?

**Fuels the body with nutrients.** Breakfast is filled with nutrients to help the body grow!

**Provides energy for the day.** A car needs fuel to run; the body needs food to function.

**Gets students ready to learn.** Kids concentrate better, are more alert, and retain more of what they learn if they eat breakfast.

**Helps keep a healthy body weight.** Breakfast helps control the urge to nibble or overeat later in the day.

**Helps kids feel good.** Children may get hunger pangs if they miss breakfast. This may affect their attention, focus, and behavior. Have you heard the term “hangry?”

**Tastes yummy!** Best reason ever!

## Smartest Way to Make Breakfast Successful is to...

### Eat breakfast at school!

- **Go to bed earlier:** To be able to arrive on time to eat.
- **Take advantage of breakfast alternatives:** Like Grab ‘n’ Go if late.
- **Train the body to eat breakfast:** Start small, like a delicious toast with jelly.

**To invest time in breakfast is to invest in a student’s academic success and their future.**

## AFTER SCHOOL MEAL PROGRAM ADDS TWO MORE SITES

We continue our expansion of our After School Meal Program. In November we added Oklahoma Centennial Mid-High School and Heronville Elementary. Heronville is our first elementary site!! Look below for time and days of service.

### Heronville Elementary

Monday– Friday  
3:30 PM to 4:30 PM

### Oklahoma Centennial Mid-High School

Monday-Thursday  
2:30 PM to 3:30 PM

Any kid 18 and under can walk-in and eat!

