



Did you know?

Breakfast is the Most Important Meal of the Day

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Breakfast is FREE

to all Students Every Day

Served 7:30 – 8:00 a.m.

Do your students eat Breakfast?

By many reports, up to Seventy Five (75%) of children skip breakfast.

According to the American Dietetic Association:

- **Breakfast is the most important meal of the day.**
- **Students who eat breakfast regularly are more likely meet their daily nutritional needs, keep their weight under control, have lower blood cholesterol levels, attend school more frequently, and make fewer trips to the school nurse.**
- **Students who eat school breakfast are more likely to consume foods with adequate levels of essential vitamins and minerals, such as calcium, phosphorus, magnesium, riboflavin, vitamins A, C, B12 and folate.**
- **Studies show that children who skip breakfast do not make up the essential nutrients at other meals.**

Source: American Dietetic Association

**Over 70% of Transylvania County Students
K-8 eat Breakfast at School.**

**Students who Skip Breakfast may go 16-20
hours without eating a healthy meal.
(Ex. 7 pm – 11 am = 16 hrs.)**