

*Mountain View School District
offers a Healthy, Nutritious
and Delicious Breakfast
to every student,
at every school
to ensure
that all students
are ready to
learn every day!*

*Join us...
School
Breakfast
is Fuel for
Learning!*

KIDS NEED BREAKFAST TO GROW, LEARN AND ACHIEVE!

Eating breakfast is critical to student health and learning. The Mountain View School District participates in the National School Breakfast Program and is proud to offer a healthy, balanced breakfast to help our students learn, grow, and succeed.

BREAKFAST IMPROVES BRAIN POWER

Research shows that eating school breakfast improves children's educational performance, links with higher test scores, better grades, improved behavior and health.

BREAKFAST AND NUTRITION

The Mountain View School Breakfast Program is a federally-funded program designed to support our families by offering a nutritionally balanced breakfast at **no cost** for all the students in our school district.

Eating a healthy breakfast provides immediate nutritional benefits and is linked to positive health outcomes for students including healthy body weight.

The benefits of eating breakfast at school are endless... helping students get a healthy start to reach their full potential every day; allowing for more family time on busy school mornings; supporting a healthier, positive learning environment in schools.

*Breakfast is
the Most Important
Way to Start
Your Day!*



NUTRITIOUS & DELICIOUS

Mountain View School District is committed to offering healthy nutritious breakfasts.

- All entrées include whole grains.
- Each entrée may include 2 whole grains or 1 whole grain and 1 protein.
- To ensure students get the recommended nutrition at breakfast they are required to take one entrée and at least 4 oz. fruit juice, 1/2 cup fruit or vegetables.
- Low or non-fat white milk are also offered with each breakfast.

REASONS TO EAT BREAKFAST AT SCHOOL

1. School Breakfast is economical – a family of two will save \$572 in one school year by letting us pick up the tab!
2. School breakfast is convenient.
3. School breakfast gives you an energy boost.
4. School breakfast improves weight control – reducing snacking later in the day.
5. School breakfast improves academic performance.
6. School breakfast is time with friends.



Team Mountain View Food and Nutrition Services

Succeeding Together in Promoting *Healthy*
Nutrition and Fitness Practices
that will last a Lifetime!



Visit our Website at:
www.MVSDnutrition.com



Visit us online for...

- Nutrition Education
- Monthly Parent Nutrition Newsletters
- School Menus

Log in to learn more about our Nutrition Program
and how you can raise healthy kids at home!

Mountain View School District
Food and Nutrition Services
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*Shine with
School Breakfast!*



**Mountain View
School District**

Food & Nutrition Services... Succeeding
Together in Promoting healthy Nutrition and
Fitness practices that will last a lifetime!

BE A RISING STAR



*A healthy
breakfast helps you
perform your best
throughout the day!*

**START
YOUR DAY
WITH BREAKFAST!**