



March 2006

Nutrition Backpack

Going Places with School Breakfast

March 6-10 is National School Breakfast Week. Breakfast is definitely the most important meal of the day and we are proud that we can contribute to your student's health and education by providing a nutritious breakfast first thing in the morning.

Full Bellies = Full Minds

- Research shows that eating breakfast at school can directly affect a student's success in class. Students who eat breakfast also achieve higher scores on standardized tests, make fewer trips to the nurse's and principal's offices and get better grades overall. Pass me the cereal and milk!

School Breakfast = Nutrition that can take you places

- USDA requires that each school breakfast provides 25% of the Recommended Daily Allowance for calories, protein, calcium, iron, vitamins A and C. We are working hard to find new breakfast items to add to the menu, which are rich in whole grains and lower in added sugar. Students will get a wholesome breakfast item, fruit or juice and milk with their school breakfast.

Breakfast at School = More Time at Home

- School breakfast is fast - save time at home and use that extra time to drop your student off early so they can enjoy breakfast with their friends. This gives them a great chance to catch up, so they are ready to learn when they get to class.

National School Breakfast Week is a great chance to encourage your student to eat breakfast at school if they aren't already. Look for themed menus and more information on school breakfast. Don't be left behind - Start "Going Places" with Breakfast at School!