



School Breakfast

Student Breakfast Benefits



- * Students who ate school breakfast attended an average of 1.5 more days of school than their meal-skipping peers.
- * Students who regularly eat breakfast get significantly higher scores in verbal and performance IQ tests.
- * Students who eat breakfast are more attentive in class and their math scores also average 17.5% higher.
- * Eating breakfast every day reduces trips to the nurse's office and improves student attendance.

Morning Nutrition to Start the Day on the Right Track!

- Nutrition and learning go hand in hand and a healthy breakfast can provide students with the energy necessary to be successful in the classroom.
- To start the day off right, school nutrition programs offer wholesome and healthy breakfast options. All items are low in fat, sugar, and contain no trans fat. All meals meet regulations mandated by the USDA and the State of California.
- School nutrition programs that serve breakfast often offer students a variety of entree choices, low fat or fat free milk, and fruit or fruit juice.
- School breakfast programs are quick, convenient, and a cost effective option for parents and students on the the go!

NUTRITION REQUIREMENTS FOR A SCHOOL BREAKFAST:

Calorie Range:	350 - 600*
Saturated Fat:	Less than 10% of Calories
Sodium:	Less than 500 mg*
Trans Fat:	0 grams

** Varies based on grade level*

Whole Grain Muffins



**fresh start
for school
breakfast**