

School Breakfast



Why School Breakfast?

Breakfast really is the most important meal of the day for kids, as it provides the necessary energy to get set for a day of learning and achievement. Eating a nutritious breakfast at school can give children an extra edge. For example:

Higher Academic Scores

- Studies have shown eating breakfast at school results in higher test scores¹

Improved Behavior

- Hungry children are more likely to have discipline problems. But satiated teens are less likely to be suspended from school²

Reduced Tardiness and Absenteeism

- Kids who participate in the School Breakfast Program are late or absent from school less often²

¹www.schoolnutrition.org

² "School Breakfast Scorecard 2008", Food Research and Action Center, www.frac.org

Parents

A nutritious school breakfast not only makes a child ready for a busy day of classes and activities, but ready for anything and everything. School breakfast gets kids "ready, set, go" to learn, play and be their best.

The "School Breakfast—Ready, Set, Go!" campaign runs from **January 2010 to March 2010**, culminating during National School Breakfast Week, **March 8-12, 2010**.

Get Involved!

Learn about the benefits of school breakfast and help your child learn about the importance of eating healthy and being active. Talk to your school cafeteria manager to find out more.



School Breakfast Nutrition

School breakfast must meet nutrition guidelines that limit the percentage of fat and ensure the meal provides at least 25% of the recommended daily allowance of protein, calcium, iron and Vitamins A and C. There is also no super-sizing, as school breakfast is served in age-appropriate portions.

Ready, Set, Go! Art Contest

This contest challenges students to answer the question "What does School Breakfast make you ready for?" by completing the blank "School Breakfast—Ready, Set, Go _____!" and illustrating the answer.

Contact SNA

For additional information about the School Nutrition Association (SNA), School Breakfast – Ready, Set, Go! or the School Breakfast Program, please contact us at 1 800 877 8822 or visit us online at www.schoolnutrition.org.

Made possible by:



School Breakfast

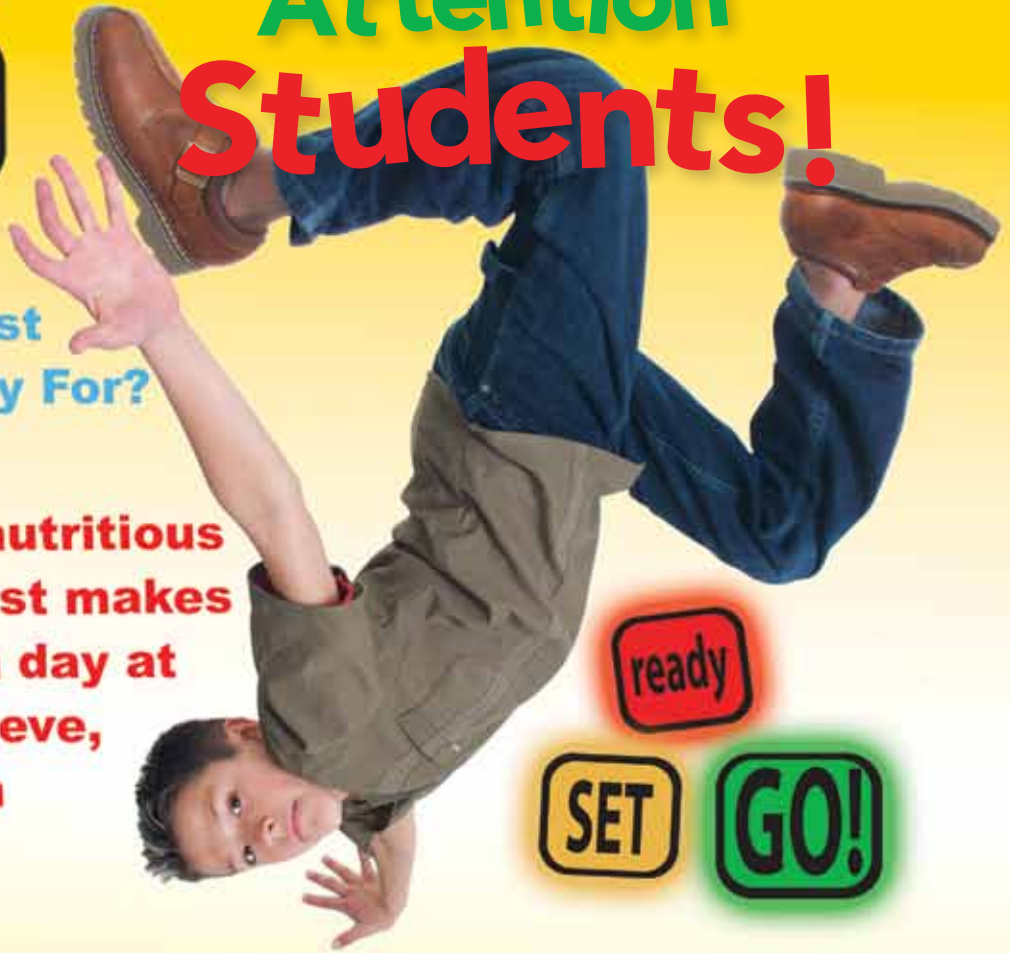


Attention

Students!

Q. What Does School Breakfast Make You Ready For?

A. Anything and Everything! A nutritious school breakfast makes you ready for a day at school, to achieve, learn, play, run and dream!



Q. Do you know what a healthy School Breakfast includes?

- A.**
- Low-fat milk
 - Fruit, vegetables or 100% juice
 - Lean meat or a meat alternative such as cheese, peanut butter or soy products
 - Whole grains such as cereal and whole wheat toast

Art Contest!

We are challenging you to answer the question "What does School Breakfast make you ready for?" by completing the blank "School Breakfast—Ready, Set, Go _____!" and illustrating your answer.

Three national winners will receive a prize pack. Find out from your Cafeteria Manager if your school is taking part.



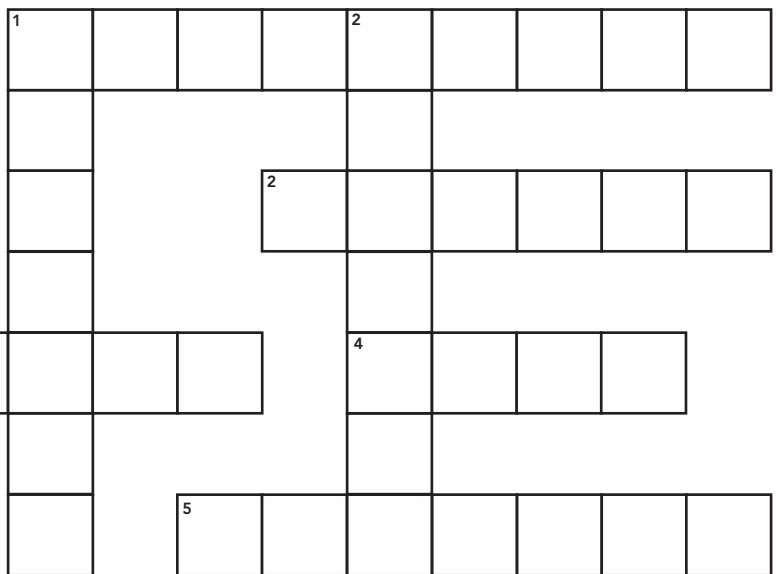
School Breakfast Crossword

Across

1. A blue-colored fruit
2. Pour 3 across on this
3. A white calcium-packed drink
4. A green furry fruit or a flightless bird
5. The crunchy part of a parfait

Down

1. A Mexican-style breakfast
2. The most important meal of the day



Answers Across
1. Blueberry 2. Cereal 3. Milk 4. Kiwi 5. Granola

Answers Down
1. Burrito 2. Breakfast