

# A School Breakfast Wins The Day!

Here are four great reasons to eat breakfast at school

## **HOORAY!** It's inexpensive and quick

Most school breakfasts cost just over a dollar, and some schools may be able to offer breakfast at no cost. Available to each and every student, the school breakfast program is a simple and cost-effective way to feed your children.

## **YUM!** It's tasty and healthy

You'll be pleasantly surprised at what's on the menu. More and more cafeterias are serving deliciously healthy items such as whole grain and low-fat bakery favorites, turkey sausage, cereal, bagels, juice, yogurt, fresh fruits and eggs. Also, school breakfasts comply with the federal government's nutritional guidelines.

## **EXCELLENT!** It makes them smarter

Students who eat a school breakfast achieve higher academic scores, are more alert in class, visit the school nurse less often and are better behaved in school. According to USDA, children who participated in the school breakfast program had significantly higher standardized achievement scores than eligible non-participants.

## **WOW!** Check out the choices

Some schools offer breakfast in the classroom or breakfast on the go. These new options make it even more convenient for children to participate. And parents are always welcome to visit during school breakfast time to look around or try it for themselves.

**Take part in the benefits of a balanced, nutritious breakfast. It's the fuel your child needs to start the day. Look for the results in their report cards!**



A healthy school meal in the morning helps children excel in academic performance. They'll feel better, be more attentive and more likely to engage in physical school activities. It's a great way to wake up their bodies and minds—and a nutritious, well-balanced breakfast is available every day in the school cafeteria.

## **What's on the menu?**

Take a look at your school's monthly breakfast menu with your child.

Pick five days that will be great for having breakfast at school:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Talk to the school foodservice director if you have questions about your school's menu or how your child can participate in the school breakfast program. USDA's Food and Nutrition Service is dedicated to providing nutritionally balanced meals to children each school day. Find out the amount of healthy food you need each day by getting your **personal food guide pyramid** at [www.mypyramid.gov](http://www.mypyramid.gov).



**square meals**

Nourishing children's bodies and minds.

Commissioner Todd Staples  
Texas Department of Agriculture