



Take Time for School Breakfast!

March 3-7, 2014 is National School Breakfast week. Our district is organizing a celebration to bring attention to the availability of the school breakfast program and help students learn about making healthy food choices. Contact the cafeteria manager at your child's school to learn more about school breakfast and National School Breakfast Week.

take time for school BREAKFAST



HEALTH AND NUTRITION

This school year, there are new nutrition standards for school breakfast that will help your child get a healthy start to his or her day. School breakfast includes:

- Fruit and veggies every day of the week
- More whole grains
- Fat-free or low-fat milk
- Limited calories, fats, and sodium

Why Choose School Breakfast?

Check out some of the benefits of choosing school breakfast:

- ✓ **Higher Academic Scores**
Students who eat breakfast have better attention and memory¹ —and studies show that eating breakfast at school results in higher test scores².
- ✓ **Improved Behavior**
Hungry children are more likely to have discipline problems. But teens who eat regularly are less likely to be suspended from school¹.
- ✓ **Reduced Tardiness and Absences**
Kids who participate in the School Breakfast Program are late or absent from school less often².
- ✓ **Convenience and Value for Parents**
School breakfast is ideal for busy families trying to get out the door quickly in the mornings. And at an average price of less than two dollars per meal, it's a great value too.

Made possible by:



¹ The Wellness Impact Report—March 2013, National Dairy Council

² www.schoolnutrition.org

STUDENTS



Take Time for School Breakfast!



It's **National School Breakfast Week**—that means it's time to celebrate healthy, yummy school breakfast. Complete the breakfast-themed puzzles and activities below!

School Breakfast Scramble

Can you unscramble the words below, based on the clues?

1. This yummy breakfast food tastes great with low-fat milk poured on top. There are many kinds – pick the whole grain variety, because it's healthier!

R L C E A E

2. This cold, white drink is a super-healthy beverage; it's full of calcium and vitamin D! Drink one every day at breakfast.

L K M I

3. These are a "egg-cellent" source of protein at breakfast.

G S G E

4. Choose this every day at breakfast – it comes in many varieties, colors, and shapes. It contains essential vitamins to help keep you healthy, plus it's sweet and delicious!

U R F I T

5. These warm, brown treats taste great with fruit on top. They're golden brown, flat, and round.

C P K S E N A A

Answers: 1. Cereal 2. Milk 3. Eggs 4. Fruit 5. Pancakes

COLOR YOUR TRAY CHALLENGE

Whether you're at school or at home, try and eat a rainbow of colorful fruits and veggies. How many fruits and vegetables can you list that come in the colors below?

Red: _____

Orange: _____

Yellow: _____

Green: _____

Purple: _____