

Celebrate
School
Breakfast

Parent Newsletter Messages



- No time for breakfast at home? Our school cafeteria can be the ticket! They are serving up delicious dairy, a variety of fruits and whole grain-rich items. Breakfast items offered meet the United States Department of Agriculture school meal requirements so your student can get the right balance of healthy foods they need to start their day. Encourage them to choose milk that will give them nine essential nutrients! Dairy, fruit and whole grain-rich items team up for a healthy breakfast!
- Breakfast equals brainpower! Vitamins and minerals are not only essential to learning but they also support normal brain growth and development. Encourage your child to eat school breakfast each day. They will gain brainpower by fueling up with dairy, fruits and whole grains. The fuel will help the brain with its main functions related to learning such as problem solving, memory, planning and reasoning. Put your child in the driver's seat with learning and go the distance with health and academics with breakfast.



- A school breakfast provides 25% of the vital vitamins and minerals your child needs daily to grow. Starting the day with a balanced breakfast that includes dairy, ensures students are on their way to meet their nutritional needs of the day. Those who choose school breakfast are more likely to be less anxious, calmer, more focused and learn better. Encourage your students to bring their friends and huddle up for school breakfast.
- What you eat or don't eat matters! Throughout their childhood, your student's brains are developing. Not choosing the right combination of healthy foods leads to poor nutrition. Students that start their day with school breakfast that includes dairy, fruits and whole grains will be ready to learn when they reach the classroom. Students who skip breakfast not only develop poor nutrition habits, but their daily academic achievement suffer. Make sure every day is started with school breakfast!

