

## Start Your Day with a Good Breakfast

### Breakfast Provides Benefits... Make it a Priority!

**Higher Test Scores.** Research has proven that children who eat breakfast have higher math and reading scores.

**Improved Attendance.** Studies show that students who eat breakfast are absent and tardy less often.

**Fewer Trips to the School Nurse.** When students eat breakfast, nurses report fewer hunger related office visits.

**Improved Classroom Behavior.** Students are better able to pay attention in class when they have eaten. Principals confirm that they see fewer discipline problems when students have eaten breakfast.

**Better Learning.** Students learn best when they have eaten a good breakfast.

**More Time on Learning.** When students have eaten, they are better able to concentrate and behave in the classroom. This allows teachers to spend more time on teaching and less time on discipline.



**Go Breakfast!**



**Healthy Snacks**



**Catering**