

Nutrition Services is

CELEBRATING the National School Breakfast Week



March 8-12th

School Breakfast



GIVE AWAY:

BICYCLES! BOOKS! & GIFT CARDS!

How TO **WIN?** **EAT BREAKFAST AT SCHOOL!!!**

The name of each student that participates in the breakfast program during the week of March 8-12 and March 15th-19th will be placed in a drawing.

The drawing will take place the second week in April.

SCHOOL BREAKFAST PROGRAM HISTORY:

The School Breakfast Program (SBP) was established by the US Congress - first as a pilot program in 1966 in areas where children had long bus rides to school and in areas where many mothers were in the workforce, then as a permanent entitlement program in 1975 to assist schools in providing nutritious morning meals to the nation's children.

POWER UP WITH BREAKFAST

Research has shown that eating breakfast helps kids grow up healthy and strong and they do better in school.

It's well documented that breakfast-eaters are healthier and more energetic throughout the day.

Breakfast Improves Academic Achievement and Behavior

Eating a nutritious breakfast helps students achieve classroom goals that teachers have set for them. These learning habits have shown to carry over to their teen and adult years and serve them for a lifetime.

EATING BREAKFAST:

- Improves children's classroom performance, including better test scores and grades
- Increases children's ability to focus and concentrate on school work
- Decreases behavior problems, tardiness and visits to the school nurse
- Increases attendance rates
- Helps kids concentrate, think, behave and learn.