

BREAKFAST NEWS



School Breakfast is Cool!

Everyday is a perfect day for school breakfast!

As the summer approaches, kids are often more restless and distracted at school. You can help to make sure that their last weeks of school are productive by ensuring that they begin the day with a nutritious breakfast. Studies show a good breakfast makes kids more alert, less distractible and better behaved in school; it even improves their test scores!

Let's keep our students focused by making sure they begin every school day with a balanced meal at home or at the School Breakfast Program.

Tip of the Month: School breakfast provides $\frac{1}{4}$ the recommended amounts of protein, calcium, iron, vitamin A, and vitamin C for the day.