

# WHAT'S FOR BREAKFAST?

Cereal

Toast

Muffins

Sweet Rolls

Pancakes

Waffles

Hot Cereal

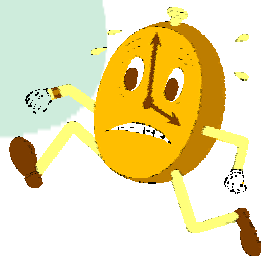
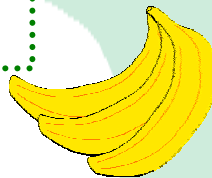
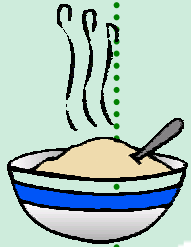
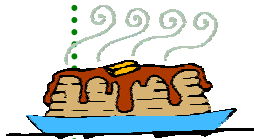
Bagels

English Muffins

Fruit

Yogurt

Milk



(Room for information about your school or school district's school breakfast program.)

For more information on the School Breakfast Program or other school meal programs, contact your school or call or write to:

Child Nutrition and  
Food Distribution Programs  
Department of Public Instruction  
600 East Boulevard Avenue  
Bismarck, ND 58505-0440  
1-888-338-3663  
[www.dpi.state.nd.us\child](http://www.dpi.state.nd.us\child)

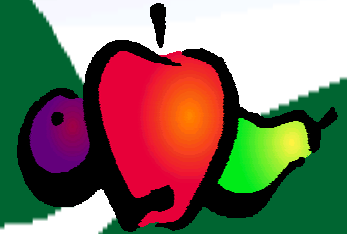
To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Ave, SW, Washington, D.C. 20250-9410 or call 202-720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Thank you to the North Dakota Head Start-State Collaboration Office for its support.

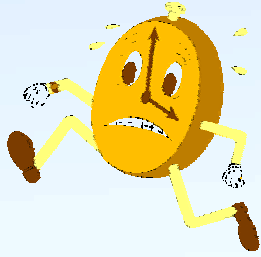
[www.headstartnd.com](http://www.headstartnd.com)



# Discover School Breakfast, North Dakota!



# Why School Breakfast?



## PARENTS:

Are you worried about your child not eating breakfast? Consider the option of breakfast at school. It fills a need when family schedules are rushed or a child is unable to eat early in the morning. School breakfasts are low cost and prepare your child to learn.



## SCHOOL ADMINISTRATORS:

Studies show a link between breakfast and learning. Students should have access to a nutritious breakfast every day, not just “test day.” Breakfast is reimbursed by USDA, and paperwork is minimal. Training for administering the program is available from the Department of Public Instruction.

## SCHOOL BOARD MEMBERS:

One of the state’s primary objectives is to provide a healthy learning environment. Parents are pleased when breakfast is available at school. Breakfast can be served without financially burdening the school food service program or the household. Like lunch, breakfast is reimbursed by USDA.



## TEACHERS:

Studies prove that breakfast helps students learn. When breakfast is available at school, students have improved attendance and fewer tardiness and discipline referrals. The few minutes it takes to add breakfast to the school day are offset by students’ active participation once their brains are fueled.

## STUDENTS:

Too tired or in a hurry in the morning? Try breakfast at school! It’s a great way to spend time with friends. Eating breakfast gives you brain energy to think clearly in class and gets you “charged up” for the day. Breakfast has vitamins and nutrients for a strong and healthy body.



## SCHOOL FOOD SERVICE STAFF:

Providing a nutritious meal can be quick and simple, and it also provides an opportunity to interact with students. Be a part of the educational team by providing a nutritious breakfast.

