

WHAT'S FOR BREAKFAST?

Cereal

Toast

Muffins

Sweet Rolls

Pancakes

Waffles

Hot Cereal

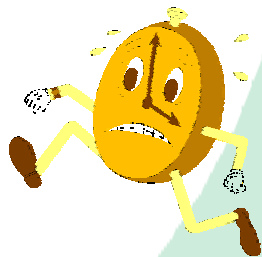
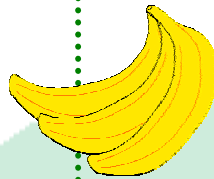
Bagels

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 meals 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

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.

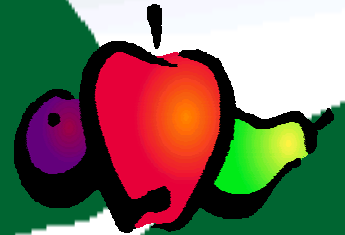
Thank you to the North Dakota Head Start-State Collaboration Office for its support.

www.headstartnd.com

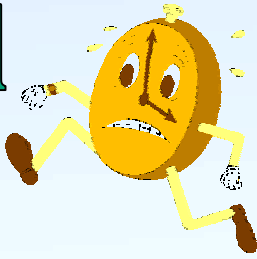


North Dakota Head Start
State Collaboration Office

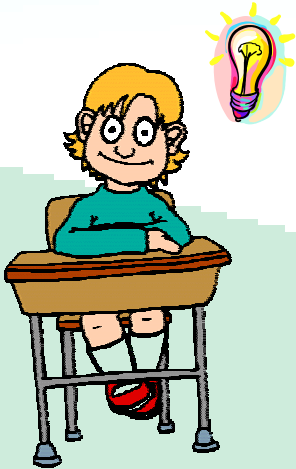
Discover School Breakfast, North Dakota!



Why School Breakfast?



Mornings can be really *crazy*! School breakfast is an option when family schedules are rushed or children don't feel like eating in the morning.

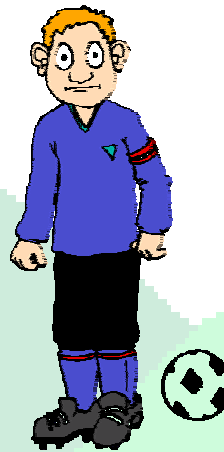


- Studies show that breakfast helps students learn. The few minutes it takes to add breakfast to the school day are offset by students' active participation once their brains are fueled.

\$ Breakfast at school is affordable, too. A full breakfast costs less than convenience store items.

\$ If you qualify for the free or reduced-price school lunch program, you also qualify for the breakfast program, with no additional paperwork.

\$ Even at full price, breakfast often costs less than a dollar. You won't find a balanced breakfast at such a low cost anywhere else!



- Breakfast also supplies vitamins and nutrients for a strong and healthy body.

What do other parents say about School Breakfast?

- "School breakfast gives my kids a chance for a nutritious breakfast."
- "School breakfast provides my kids a place to go before school starts; I go to work early."



- "Sometimes there is just no time to fix breakfast at home."
- "I feel less guilty when I'm rushed if I know my kids will get breakfast at school."

