## Students, Discover School Breakfast!

## WHY EAT BREAKFAST?

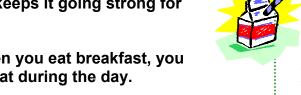
- It's a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you "charged up" for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting the day with a healthy breakfast revs your metabolism and keeps it going strong for the rest of the day.
- Studies show that when you eat breakfast, you are less likely to overeat during the day.



Cereal
Toast
Muffins
Sweet Rolls
Pancakes

Fruit
Waffles
Hot Cereal
Bagels

English Muffins Milk







- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



This institution is an equal opportunity provider.