



Students



Did you eat a healthy breakfast this morning or was the bus right around the corner? There are many reasons why breakfast is the best way to start the day. Here are some reasons your friends gave...

“It helps me do better on tests.”

“I like breakfast because I didn’t have time to eat at home.”

“It gives me a better attitude towards school.”

“I eat breakfast because I’m hungry!”

More good reasons to 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 your brain energy to think clearly in your classes and gets you “charged up” for the day.
- Breakfast is an important contributor to the total vitamin and nutrients your body needs to grow strong bones, keep healthy skin and develop strong muscles.
- Starting the day with a healthy breakfast revs your metabolism and keeps it going strong the rest of the day.
- Studies show that those who eat breakfast are less likely to overeat during the rest of the day.

A student may have concerns about...

CONVENIENCE

As a busy student, you are balancing many different activities at home and school. It may be difficult to sit down for breakfast at times. When you do grab breakfast, it may not be a complete meal. Leave that to the School Breakfast Program. Not only is it fast and easy, it's also an inexpensive way to fuel up for the school day. School breakfast is so convenient everyone should do it.

IMAGE

Invited your friends and “do breakfast”. Information on students who qualify for free or reduced priced meals must be kept confidential. School breakfast is available for everyone to enjoy.

BREAKFAST FOODS

Pancakes. Waffles. Breakfast sandwiches. Toast. Cereal. Eggs. These are all breakfast foods that you enjoy eating. Some of these foods are also available as part of school breakfast. A complete meal is served every day. No matter what your taste, there is something available for you.

Sample Menus:

Cold:

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted cereal Granola bar Orangle smiles or 100% juice Milk	Assorted cereal Fruit and grain bar Apple or 100% juice Milk	Assorted cereal Toaster pastry Banana or 100% juice Milk	Assorted cereal Banana Bread Melon or 100% juice Milk	Assorted cereal Muffin Assorted fruit or 100% juice Milk

Hot:

Monday	Tuesday	Wednesday	Thursday	Friday
Oatmeal w/ toast Raisins or 100% juice Milk	Canadian Bacon, cheese and biscuit Apple or 100% juice Milk	French toast sticks sausage patty Banana or 100% juice Milk	Bagel w/ egg and cheese Melon medley or 100% juice Milk	Pancakes Sausage Assorted fruit or 100% juice Milk

Studies show...

“Students who ate school breakfast often had math grades that averaged almost a letter grade higher than students who ate school breakfast rarely.”

-- *Pediatrics*, Vol. 101 No.1, January 1998

Students eating school breakfast resulted in:

- **Higher scores on assessment tests**
- **Findings that support previous research**
- **Positive effects from eating breakfast in the classroom vs. the cafeteria**

Massachusetts General Hospital and Harvard Medical School

“Maryland Meals for Achievement”

www.msde.state.md.us/programs/foodandnutrition/mmfafa.pdf

“Children in the School Breakfast Program were shown to have significantly higher standardized achievement test scores than eligible non-participants.”

-- Tufts University School of Nutrition Science and Policy, 1998

School breakfast resulted in:

- **Increased math and reading scores**
- **Fewer nurse’s office visits**
- **Improved classroom behavior**
- **Improved attentiveness reported by teachers**
- **Improved performance reported by parents**

Minnesota Dept. of Children, Families and Learning & University of Minnesota

“School Breakfast Programs/Energizing the Classroom”

<http://cfl.state.mn.us/energize.pdf>

“Children who ate breakfast at school scored notably higher on most of the tests than children who ate breakfast at home and children who did not eat breakfast.”

-- Archives of Pediatric & Adolescent Medicine, October, 1996

Breakfast at school resulted in significant:

- **Increases in math grades**
- **Decreases in student absences and tardiness**
- **Decreases in ratings of psychosocial problems**

Massachusetts General Hospital and Harvard Medical School

“The Relationship of School Breakfast to Psychosocial & Academic Functioning”

<http://archpedi.ama-assn.org> (search “past issues” for 1998 vol. 152 no. 9)

http://www.findarticles.com/cf_0/m2250/n2_v37/20576437/p1/article.jhtml?term=psychosocial+functioning

“The benefits [of the School Breakfast Program] include higher performance on standardized tests, better school attendance, lowered incidence of anemia, reduced need for costly special education.”

-- Tufts University Center on Hunger, Poverty and Nutrition Policy, 1994