

# For Less Stress, School Breakfast is Best

If your home is like most, mornings can be filled with a flurry of activity. Getting your kids dressed, fed, and off to school before the bell rings can be a challenge. **Make mornings a little less stressful and allow us to take care of breakfast!**

Each school day, we have nutritious, balanced breakfasts available for all students. Our breakfast choices are varied and convenient for students to eat on-the-go (even if they arrive minutes before the bell!). Our menu choices meet nutritional standards to ensure students have the energy to concentrate on learning.

### School breakfast just makes 'cents'

School breakfast not only is convenient for busy parents like you, it ultimately can help families save on grocery costs. Because the government subsidizes a portion of school meals and we are able to purchase bulk quantities of foods, we can serve the same breakfast foods you eat at home for less. Factor in no preparation time or dishes to clean-up, participating in school breakfast is a no-brainer.

### What's on the menu?

A variety of choices like bagels and cream cheese, waffles, pancakes, breakfast sandwiches, yogurt, granola, and breakfast bars to name a few. Each breakfast includes fruit or fruit juice and whole grains to ensure good nutrition. We mix up the menu and choose plenty of student favorites to keep the options fresh and prevent menu fatigue.

*And whatever you do, don't skip breakfast!* Students who eat breakfast, either at home or at school, achieve more and have fewer behavioral and health issues.



## School Breakfast Makes a Difference...

INCREASED



- test scores
- concentration
- comprehension
- attention
- memory
- health

DECREASED



- tardiness
- behavioral issues
- absences
- illnesses



**NutriStudents K-12<sup>®</sup>**

Menu Freedom. Tools for Success.