

School Breakfast—Go for Gold!

SCHOOL
BREAKFAST
go for
GOLD



It's National School Breakfast Week and this year's theme, "**School Breakfast—Go for Gold**" highlights how eating a healthy balanced breakfast allows children to shine. The activities at our school will help students learn about the importance of making healthy food choices and being active.

Why School Breakfast?

Breakfast really is the most important meal of the day for kids, as it provides the necessary energy to get set for a day of learning and achievement. Eating a nutritious breakfast at school can give children an extra edge. For example:

- **Higher Academic Scores**—Studies have shown eating breakfast at school results in higher test scores¹.
- **Improved Behavior**—Hungry children are more likely to have discipline problems. But teens who eat regularly are less likely to be suspended from school².
- **Reduced Tardiness**—Kids who participate in the School Breakfast Program are late or absent from school less often².

¹www.schoolnutrition.org

² "School Breakfast Scorecard" – January 2011, Food Research and Action Center, www.frac.org

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For additional information about the School Nutrition Association (SNA), and school meals, please contact SNA at (800) 877-8822 or visit us online at www.traytalk.org.

