

School Breakfast Benefits

Be the best you can be by starting your day with BREAKFAST – discover all the benefits!

Students who eat

SCHOOL BREAKFAST



✓ Participate in class



Remember

more of

what they learn



Have healthier body weights



Are more alert



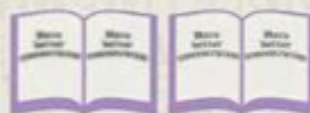
Have higher test scores



Make healthier food choices throughout the day



Have better concentration



BREAKFAST
is
BRAIN POWER