

# EAT A HEALTHY BREAKFAST AT SCHOOL!

GRAB & GO AVAILABLE

GOSNELL SR. HIGH SCHOOL ONLY



- Eating breakfast can help improve math, reading, and standardized test scores.
- Children who eat breakfast are most likely to behave better in school and get along with their peers than those who do not.
- Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.
- Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.
- What you eat for breakfast can have an impact on learning.
- By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.

USDA IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER

ENERGIZE YOUR DAY!!!!

EAT SCHOOL BREAKFAST!!!

