



SCHOOL BREAKFAST



- Children who eat school breakfast ---
 - ❖ Eat more fruits
 - ❖ Drink more milk
 - ❖ Eat a wider variety of foods

- Children who participate in school breakfast ---
 - ❖ Usually consume fruit and milk at breakfast

- Children who eat breakfast ---
 - ❖ Less likely to be obese

**Lucerne Valley Usd offers FREE
breakfast daily to all students.**

Please encourage your children to come and check it out. Please call Cindy Lattin-Oliveira at 760-248-2136 with any questions.

