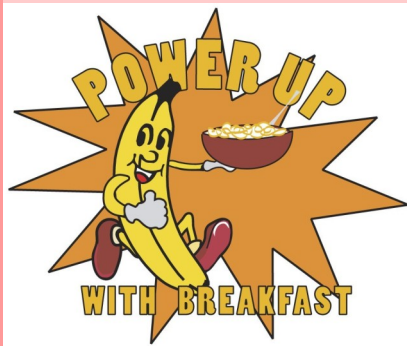


PAISD Child Nutrition

Enhancing Academic Excellence by providing quality nutritional services.



Benefits of Breakfast

- ❧ Eating breakfast can help improve math, reading and standardized test scores.
- ❧ Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.
- ❧ Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.
- ❧ School breakfast provides 1/4 the recommended amounts of protein, calcium, iron, vitamin A & C



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