



THE BENEFITS *of* BREAKFAST

NUTRITION INFORMATION *you* NEED TO KNOW



RISE & SHINE *with*
BREAKFAST



1-810-648-3402

www.sandusky.k12.mi.us

chartwells;bduvall@sandusky.k12.mi.us

RISE & SHINE *with* BREAKFAST

A NUTRITIOUS WAY to START EVERY DAY

PERFORM BETTER

Recent research reveals that children who eat breakfast are healthier and perform better in school than children who don't.

ACHIEVE MORE

Serving students a healthy breakfast can lead to better achievement in the classroom, including improved test scores, increased motivation, and better focus.

IMPROVE NUTRITION

Breakfasts that schools serve can make important contributions to children's nutrition. In fact, recent research reveals that children who eat school breakfast are more likely to consume adequate amounts of several important vitamins, fiber, and potassium than students who don't.

BETTER SCORES

Researchers have recently found that eating school breakfast is linked to improved scores on math, reading, and science tests.

IMPROVE HEALTH

Researchers have recently found that eating school breakfast can protect children from the risk of obesity-related diseases like diabetes.

DID YOU KNOW?

Breakfast isn't called "the most important meal of the day" for no reason! The National School Breakfast Program is uniquely positioned to increase the number of children who eat a healthy breakfast, preparing students to be motivated in school and ready to learn. Recent research reveals that children who eat breakfast are healthier and perform better in school than those who do not. In fact, studies have linked breakfast to: improved nutrition, healthier weight, better cognitive function and memory, and increased academic achievement and test grades. School breakfast is a good source of protein, calcium, fiber, and more. Studies show that children who eat school breakfast get more essential vitamins and minerals than those who do not.

100% ORANGE JUICE:

- Fat free, saturated fat free, sodium free, cholesterol free and free from added sugars.
- High in Vitamin C, which helps your body fight off colds and supports a healthy immune system.
- High in potassium, to help muscle function and prevent muscle cramping during activity.

OATMEAL:

- High in fiber to help support a healthy digestive system.
- Whole grain, which supports good heart health.
- Helps you feel fuller longer.

MIXED BERRIES:

- Fat free, saturated fat free, sodium free, cholesterol free and free from added sugars.
- High in antioxidants to help fight off harmful substances.
- High in fiber, to help support a healthy digestive system.

CHOOSE SCHOOL BREAKFAST

Hunger sets in long before lunchtime, so ensuring students have a balanced breakfast prior to the classroom is critical. The menu items selected for your school's breakfast program have been chosen based on their exceptional nutritional value and ability to help students feel fuller longer. By choosing school breakfast, your students will be more focused and attentive in the classroom while avoiding high fat and sugary snack foods that many tend to rely on when hunger strikes.

