

# Celebrate National School Breakfast Week! March 7-11, 2022



**It's a great time  
to try out  
school breakfast!**

**PARENTS: Did you know?**  
Your child can super  
charge with healthy  
breakfast options  
at school!

# TAKE OFF

## WITH SCHOOL BREAKFAST

Studies show that students who eat school breakfast are more likely to:

✓ Reach higher levels  
of achievement in  
reading and math

✓ Score higher  
on standardized  
tests

✓ Have better  
concentration  
and memory

✓ Be more  
alert

✓ Maintain a  
healthy weight

**A nutritious breakfast at the start  
of the day is a great way to ensure  
students are energized  
and ready to learn!**



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are made possible by:



SCHOOL  
NUTRITION  
ASSOCIATION

Feeding Bodies. Fueling Minds.®

