







Hidden Treasures of School Breakfast



- ✓ All breakfast meals meet the requirements of the National School Breakfast program
- ✓ All cereals that are offered are Whole Grain products
- ✓ The milk choices at breakfast are 1% Whole Milk or Fat Free (Skim) White Milk
- ✓ Fresh fruit, a chilled fruit cup or 100% fruit juice is offered with Breakfast everyday!
- ✓ A variety of foods are offered over the course of the week so the students can enjoy different types of Breakfast entrées
- ✓ We Deliver!! That's right ~ Our Students are VIPs. Room Service is how we start each day with Breakfast delivered right to the classroom!

Here are some Fun Facts from the Food Research and Action Center

Children who eat breakfast are:

-  More likely to maintain a healthy weight
-  Drink more milk and eat more fruit
-  Feel full between meals
-  Eat a wider variety of foods