



FEBRUARY 2019

Fuel Your February with a Hot Breakfast!



What better way to start a chilly February day than with a hot breakfast? February is National Hot Breakfast month! We know it can be tough to serve up a healthy meal during the morning rush. That's why we offer so many tasty breakfast options at school! Starting the day with a hot breakfast isn't just delicious and satisfying – it also comes with many other benefits!



Our Breakfast Promise

Schools that offer breakfast options must provide one quarter of your child's daily need for calories and essential vitamins such as:

- Protein
- Calcium
- Iron
- Vitamin A
- Vitamin C

Your child can always choose from dairy options like milk and yogurt, a variety of fruit and vegetables, and grain-based options such as pancakes or waffles. Yum!³



What Makes a Nutritious Breakfast?

The morning meal should include a protein source, such as eggs, milk, or meat options.¹ It should also include a fruit or vegetable. Red foods like cherries, peppers and tomatoes are especially rich in antioxidants.²

Allow children to mix-up their morning favorites so they don't have to eat the same meal two or three days in a row. This not only reduces boredom, but ensures they eat a more well-rounded diet.



Breakfast Goals!

There are so many reasons to start the day with a tasty meal! Why not make it a goal to ensure your child gets a hot breakfast every school day this February? Have your child mark a calendar with a sticker every morning they have a hot breakfast.

Did You Know?

Students who eat a nutritious breakfast in school have shown improved attentiveness and decreased tardiness and suspensions.⁴



1. <https://www.parents.com/recipes/scoop-on-food/do-your-kids-really-need-to-eat-breakfast/>
2. <https://www.everydayhealth.com/healthy-recipe-pictures/pick-from-a-rainbow-of-beautiful-fruits-and-veggies.aspx>
3. <https://www.eatright.org/food/nutrition/eat-right-at-school/breakfast-in-schools-healthy-nutritious>
4. <https://www.eatright.org/food/nutrition/eat-right-at-school/breakfast-in-schools-healthy-nutritious>

We're rethinking school meals!

Join us as we celebrate the good work
in schools across the country.

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