

RISE
and
SHINE
• WITH •
Breakfast

What makes a **GREAT** school day? Breakfast!

WHOLE GRAINS + **FRUIT** OR **VEGGIE** + **PROTEIN** + **MILK** = 1 BALANCED BREAKFAST

**Build a
BALANCED
Breakfast!**

Choose a
whole grain

Take a **fruit**
or **veggie**

Pick a **lean**
protein*

*OPTIONAL

Add a serving
of **milk**

TAKE

• AT LEAST •



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Why Eat Breakfast At School?

STUDENTS WHO EAT SCHOOL BREAKFAST:

-  Have better concentration
-  Are more alert and ready to learn
-  Remember more of what they learn
-  Participate in class
-  Have higher standardized test scores
-  Make healthier food choices throughout the day
-  Have healthier body weights



NOTE TO PARENTS:

Changes to School Breakfast

As part of the Healthy Hunger-Free Kids Act to improve the nutrition of children, new nutrition standards are being implemented to improve your child's school breakfast. These standards emphasize whole grains, fruits and vegetables, and fat-free and low-fat milk options.

What you need to know:

- The breakfast price doesn't change if **all items offered are selected**, so encourage your child to take all items for a balanced breakfast that will give them energy to learn.
- Fruits and vegetables may be offered at breakfast interchangeably. Students are not required to take fruits or vegetables offered with breakfast until school year 2014-2015, but encouraging them to do so now adds health-promoting nutrients to their diets and will help make the future transition a little bit easier.
- Breads and grains served are transitioning to whole grain. By school year 2014-2015, all grains served at breakfast and lunch will be whole-grain rich.
- There is no government requirement for protein foods to be served, but your school may choose to serve yogurt, eggs, cheese, peanut butter, and other breakfast meats as an additional food option.
- The types of milk offered include:
 - Fat-free (flavored and unflavored)
 - Low-fat (unflavored only)
- Calories are now required to be within a certain range depending on your child's grade level. Trans fat has been eliminated and saturated fat is less than 10% of total calories. Future years will see reductions in sodium.

