

EAT A HEALTHY BREAKFAST AT SCHOOL!

GRAB & GO AVAILABLE

GOSNELL SR. HIGH SCHOOL ONLY



- Eating breakfast can help improve math, reading, and standardized test scores.
- Children who eat breakfast are most likely to behave better in school and get along with their peers than those who do not.
- Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.
- Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.
- What you eat for breakfast can have an impact on learning.
- By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.

USDA IS AN EQUAL OPPORTUNITY PROVIDER

ENERGIZE YOUR DAY!!!!

EAT SCHOOL BREAKFAST!!!

