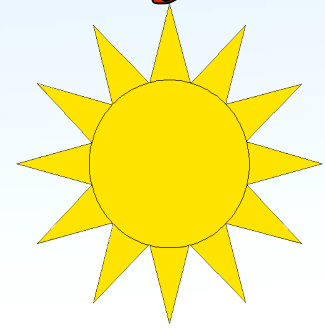


# Discover School Breakfast!

## WHY EAT BREAKFAST?

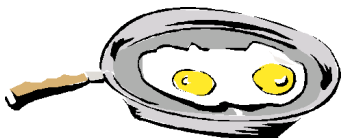
- It's a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you "charged up" for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting the day with a healthy breakfast revs your metabolism and keeps it going strong for the rest of the day.
- Studies show that when you eat breakfast, you are less likely to overeat during the day.



## WHAT DO OTHER KIDS SAY ABOUT EATING BREAKFAST?

- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"

## WHAT'S FOR BREAKFAST?



- |          |            |
|----------|------------|
| Cereal   | Fruit      |
| Toast    | Waffles    |
| Muffins  | Hot Cereal |
| Sweet    | Bagels     |
| Rolls    | English    |
| Pancakes | Muffins    |
| Eggs     | Milk       |



This institution is an equal opportunity provider.