

## School Breakfast: A time-saving, nutritious choice

If your home is like most, mornings are ablurr in activity. Getting sleepy kids ready and off to school can be a challenge. You could wake up earlier to make the pace more manageable but who wants to sacrifice even more sleep? You could skip breakfast, but...

Before you weigh skipping breakfast, consider the drawbacks that decision could have on your child. Research makes a solid case for eating breakfast, whether at home or at school. The study, "Ending Childhood Hunger: A Social Impact Analysis" from Share Our Strength and Deloitte, states that students who eat breakfast achieve an average 17.5% higher scores on standardized math tests and attend 1.5 more days of school. Students who attend school regularly are 20% more likely to graduate from high school.

Rather than skipping breakfast, delegate the responsibility to those of us at your child's school. Every school day, we provide a nutritious, balanced breakfast to kids in every grade at our school. Many of our breakfasts are convenient for students to eat-on-the-go, if they arrive only a few minutes before school starts.



### Well-rounded nutrition

School breakfasts deliver the nutrition students need to concentrate on their studies and fuel them until lunchtime. The U.S. federal nutritional guidelines that govern school meal programs require our school breakfasts to include fruit or fruit juice every day as well as whole grains. Students often have choices such as yogurt, a bagel with cream cheese, waffles, pancakes or French toast sticks. We mix up the menu and choose kid-friendly foods to keep them interested and eating.

### Convenient and economical

School breakfast is undoubtedly convenient for busy parents. It's also relatively inexpensive. Because the government subsidizes a portion of school meals and we purchase large quantities of food at discounted prices, we can serve the same food you may eat at home for less cost. So, why not save yourself grocery costs as well as preparation and clean-up time? Your morning could become a little less stressful, thanks to school breakfast!