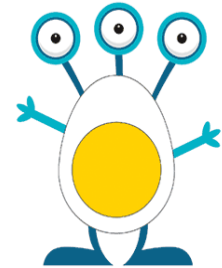
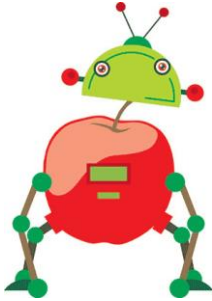


# NATIONAL SCHOOL BREAKFAST WEEK

March 2<sup>nd</sup> – March 6<sup>th</sup>



## **SFE encourages everyone to wake up to the benefits of school breakfast!**

Breakfast is indeed a very important meal. A good breakfast fuels you up and gets you ready for the day. In general, kids and teens who eat breakfast have more energy, do better in school, and eat healthier throughout the day. Without breakfast, people can get irritable, restless, and tired.

Every morning have some fruit & choose 100% fruit juice or milk to drink! Did you know that students who eat breakfast have better attention, memory, and improved school performance?



This institution is an equal opportunity provider

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