

# MYPLATE GUIDE TO SCHOOL BREAKFAST

## for Families

### Fruits

### FRUITS

A full cup of fruit is available every day, providing nutrients that are important for kids' health, such as potassium, dietary fiber, vitamin C, and folate (folic acid).

### MILK

### Dairy

Kids and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles.

### Vegetables

### VEGETABLES

Every breakfast does not include vegetables, but schools may offer them in place of fruits.

### Protein

### PROTEIN FOODS

Some breakfast menus may offer items such as eggs, nuts, or meats to pair with whole-grain options.

### GRAINS

### Grains

Starting every day the whole grains way gives kids and teens B vitamins, minerals, and fiber to feel fuller longer so they stay alert to concentrate at school.



Visit [teamnutrition.usda.gov](http://teamnutrition.usda.gov) for additional tips and activities.



# HOW DOES SCHOOL BREAKFAST HELP FAMILIES?



## Fuels learning

Kids and teens can concentrate on their schoolwork better when they're not hungry. Studies show that kids do better in school when they eat breakfast.



## Provides better nutrition

Studies show that people who eat breakfast have higher intakes of dietary fiber, B vitamins, calcium, iron, and other nutrients.



## Saves time

School breakfast can simplify mornings for families by offering kids and teens healthy options that fit into their schedule.

## HOW CAN FAMILIES HELP THEIR CHILD EAT A HEALTHY BREAKFAST?

- Read the menu with your child to make sure your student knows about all the foods that are included in their school breakfast.
- Find out how your parent organization can work with school nutrition professionals to promote breakfast options at your school, such as Breakfast in the Classroom.



Visit **[Choosemyplate.gov/Families](http://Choosemyplate.gov/Families)** for additional tips and activities for families.

*The School Breakfast Program (SBP) provides cash assistance to States to operate nonprofit breakfast programs in schools and residential child care institutions. The USDA Food and Nutrition Service administers the SBP at the Federal level. State agencies administer the SBP at the State level, and local school food authorities operate the Program in schools.*

Learn more at: [www.fns.usda.gov/sbp/school-breakfast-program-sbp](http://www.fns.usda.gov/sbp/school-breakfast-program-sbp).

FNS-633

August 2016

USDA is an equal opportunity provider and employer.

