

# WHY EAT SCHOOL BREAKFAST?

## Give your child a healthy start!

Children can benefit from the School Breakfast Program! Studies show that school breakfast can raise test scores while improving classroom attentiveness and behavior. Make sure your kids start the school day with a healthy meal.

Mornings can be hectic and making sure your kids eat a healthy breakfast can be difficult in the thick of the A.M. rush. Fortunately, a nutritious, balanced meal is offered in school at the start of each day! It's fun, easy, and provides your children with the fuel they need to energize their day and perform their very best. So don't let them run on empty, give school breakfast a try today!

## School Breakfast is Good for Kids and Good for Parents!

As parents, it can be hard to make sure that your kids are eating a healthy breakfast before they go to school in the morning.

Sometimes children aren't hungry after waking up, and it's hard to find food they like to eat that is also healthy. Also, some kids refuse breakfast at home but are hungry when they arrive at school. Fortunately, we have a great breakfast program for all students, and it's available at school every day.

If mornings are difficult for your family, let the School Breakfast Program help you out!

## Students + School Breakfast = Countless Benefits

Greene County School System  
This institution is an equal opportunity provider.