

The Key to Your Child's Success: A Well-Balanced Breakfast!

East Brunswick School District's AMP UP with Breakfast Program delivers a well-balanced breakfast to every student, each morning, in the Cafeteria. These nutritious meals are carefully designed to comply with current USDA regulations and dietary guidelines, and include a filling breakfast entree, a side item, low-fat milk and 100% juice.

Most Important Meal of the Day

Children of all ages need breakfast each morning to succeed. Although breakfast is the one meal your children cannot afford to skip, it is becoming increasingly difficult for children to find the time to eat a nutritious meal in the morning. Studies have shown eating a nutritious breakfast has many benefits:

- *Breakfast Improves School Performance:*

Children who skip breakfast are less focused, have slower memory recall & achieve lower test results.

- *Breakfast Reduces Behavioral Problems:*

Hungry children are more likely to be suspended from school, to be tardy or absent from school.

- *School Breakfast Improves Children's Diets:*

Children with access to school breakfast have a better overall diet. They consume less fat, more fruits, milk, and a wider variety of foods.

- *School Breakfast Can Help Reduce Obesity:*

Children and adults who eat breakfast are significantly less likely to be overweight, while those who skip breakfast demonstrate higher risk of obesity.

Taking the Worry Out of Your Morning Routine

When you know your children are guaranteed to receive a healthy breakfast in the morning, you have one less thing to worry about each day. AMP UP with Breakfast will help your children start the day with the right type of nutrition that energizes them for a full day of learning. AMP UP with Breakfast menus are prepared by our Chefs and Dieticians to provide:

- Delicious entrée and side items such as cinnamon mini pancakes, whole grain muffins, and other delicious items.
- Variety of fresh fruits, skim milk and 100% juice.
- Each breakfast contains no more than 30% of calories from fat and no more than 10% of calories from saturated fat.

Visit the Child Nutrition Section on www.ebnet.org to see our breakfast menu

Any questions please feel free to contact us at 732-613-6718 or email childnutrition@ebnet.org