USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

STRONGER WITH SCHOOL BREAKFAST

School breakfasts play a big role in helping kids get the nutrition they need to learn, grow, and be healthy. The School Nutrition and Meal Cost Study* showed that school breakfast is a big supplier of foods most kids don't eat enough of—whole grains, fruits, and dairy. The study also found that kids who eat school breakfast eat more of these foods than kids who eat breakfast elsewhere.

FRUITS

Fruits at school breakfast provide kids with ≥ 48% of the fruits they need for the entire day.

63%	48%	51%
of recommended daily amount for elementary school kids	of recommended daily amount for middle school kids	of recommended daily amount for high school kids

Biting into whole fruits at breakfast boosts kids' intakes of potassium, vitamin C, folate, and dietary fiber. These important nutrients help the body maintain a healthy blood pressure, heal wounds, and more.

DAIRY

Dairy foods at school breakfast provide kids with about 40% of the dairy foods they need for the entire day.

39%	40%	40%
of recommended daily amount for elementary school kids	of recommended daily amount for middle school kids	of recommended daily amount for high school kids

Drinking low-fat or fat-free milk at breakfast helps kids build strong bones, at a time when they are growing quickly. Calcium and vitamin D are just a few of the important nutrients in milk and other dairy foods. Lactose-free and reduced lactose milks also provide these nutrients for kids.



WHOLE GRAINS

School breakfast provides kids with ≥ 30% of the whole grains they need for the entire day.

33%	38%	30%
of recommended daily amount for elementary school kids	of recommended daily amount for middle school kids	of recommended daily amount for high school kids

Starting the day with whole grains gives kids dietary fiber, which helps kids feel full longer. Fiber also helps keep the digestive tract working properly. Whole grains also provide B vitamins and minerals, like selenium and magnesium, for a healthy body.

Kids are learning how to have a healthy eating pattern at school breakfast. These healthy habits can help kids grow into healthy adults that have lower risks of chronic diseases, such as diabetes and heart disease.

Learn more about school breakfast at: TeamNutrition.USDA.gov.

*U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support, School Nutrition and Meal Cost Study, Final Report Volume 2: Nutritional Characteristics of School Meals by Elizabeth Gearan, Mary Kay Fox, Katherine Niland, Dallas Dotter, Liana Washburn, Patricia Connor, Lauren Olsho, and Tara Wommak. Project Officer: John Endahl. Alexandria, VA: April 2019.

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