

SCHOOL BREAKFAST IS FREE!

School meals include whole, healthy foods that give kids the right balance of nutrients, while reducing added sugars and sodium.

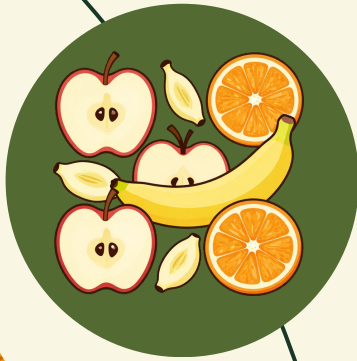
WHOLE GRAINS

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



FRESH 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.



LEAN PROTEINS

Some breakfast menus may offer items such as eggs, yogurt, meat, or beans. Protein foods give kids and teens many nutrients including iron, B vitamins, zinc, and magnesium.



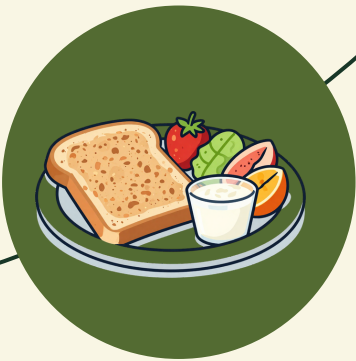
CALCIUM-RICH DAIRY

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



BALANCED MEAL TIPS

Combine one item from each food group for optimal nutrition and sustained energy.



**FUELS LEARNING, BOOSTS
NUTRITION, SAVES TIME**