

Celebrate National School Breakfast Week!

March 6–10, 2023

PARENTS:
Did you know? Your child can **DIG IN** to healthy breakfast options at school!

DIG IN TO SCHOOL BREAKFAST

Be a School
Breakfast
Builder!

WAFFLE
CROSSING

Studies show that students who eat school breakfast are more likely to:

- ✓ Reach higher levels of achievement in reading and math
- ✓ Score higher on standardized tests
- ✓ Have better concentration and memory
- ✓ Be more alert
- ✓ Maintain a healthy weight

BREAKFAST
ZONE

STOP

EAT SCHOOL
BREAKFAST

BREAKFAST
FUEL
STATION

