



Surf's Up with School Breakfast

National School Breakfast Week Campaign Encourages Students To Eat School Breakfast Every Day!

Los Angeles Unified School District encourage families to take advantage of the nutritious choices available in your school Café LA Restaurant, LAUSD will celebrate National School Breakfast Week (NSBW) during the week of **March 4-8, 2024**. Be sure to catch a wave on down to your cafeteria.



National School Breakfast Week was launched in 1989 to raise awareness of the availability of the School Breakfast Program, a federally assisted meal program operating in public and non-profit private schools and residential childcare institutions since 1975.

Here in Los Angeles mornings can be a rush and this makes it a challenge for many families to find time to sit and enjoy a healthy breakfast. Fortunately, Café LA offers delicious breakfast choices, to ensure students are **“Nourished To Achieve Excellence”** everyday.

Our National School Breakfast Week campaign theme is, **“Surfs Up with School Breakfast,”** reminding the entire school community that school breakfast provides a healthy and energizing start to the day for students. 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



Staff and students are encouraged to show their enthusiasm for school breakfast daily as the district celebrates National School Breakfast Week. Drop in! for National Cereal Day on March 7th and enjoy our new breakfast item, Overnight Apple Cinnamon Oats. *yum!*

