

# Why School Breakfast?



School breakfast provides fruit that is full of many nutrients that are important for students health including, vitamin C, folate, dietary fiber, and potassium.



Milk offered in the School Breakfast Program provides students of all ages with nutrients such as calcium, protein, and vitamin D that are important for building strong bones, teeth, and muscles.



Grains offered in school school breakfast provide students of all ages B vitamins, minerals, and fiber that helps them feel fuller longer. This helps students stay alert and concentrated during the school day, leading to kids doing better in school.



School breakfast can save time by simplifying the mornings, while offering kids and teens healthy options they need. Participating in school breakfast has been shown to decrease tardiness and increase attendance, leading to better overall test scores.