

# School Breakfast



## Breakfast at school is...

- ◆ Convenient
- ◆ Inexpensive
- ◆ Packed with good nutrition
- ◆ Linked to improved academic performance
- ◆ Available at a free, reduced, or paid price
- ◆ Available every day of the school year



## What if I don't have time to feed my child breakfast at home?

Early mornings and crazy schedules make breakfast difficult some days. You don't have to worry about your child missing a meal, because breakfast is served at school!

## How will my child benefit from eating breakfast?

School breakfast will give your child a healthy start to the day. A nutritious breakfast helps students be more alert so they can learn more in class. School breakfast is also packed with vitamins and nutrients, to help make a strong and healthy body.



## Nutritional Benefits of Breakfast

- ◆ Adolescents who eat breakfast tend to have a lower body mass index (BMI).
- ◆ Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.
- ◆ Eating breakfast provides more important nutrients, vitamins, and minerals, such as calcium, dietary fiber, folate, and protein.
- ◆ Eating breakfast as a child is important for establishing healthy habits for later in life.

## Academic Benefits of Breakfast

- ◆ Eating breakfast has been shown to help improve math, reading, and standardized test scores.
- ◆ Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.
- ◆ Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.
- ◆ Consumption of breakfast improves children's performance on demanding mental tasks and reaction to frustration.



## What is the School Breakfast Program?

The School Breakfast Program (SBP) is a federally-assisted meal program that operates in public and private nonprofit schools and residential child care institutions. Participating schools receive reimbursement for breakfasts which meet specific USDA nutrition requirements.

For more information, contact your local districts Child Nutrition Director.

This brochure provides general information and is not all inclusive.

For specific requirements regarding program participation, please contact the School Nutrition Program Office:

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Post Office Box 302101  
Montgomery, Alabama  
36130-2101

Telephone: 334-242-8228  
Fax: 334-353-5674

Website:  
[www.alsde.edu](http://www.alsde.edu)  
(Go to Sections, then Child Nutrition)

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