

## National School Breakfast Week

March 2-6 is National School Breakfast Week. It's a week long celebration of the National School Breakfast Program. It was permanently established in 1975 by an act of Congress to see that all school children have access to a nutritious breakfast every school day.

The benefits of eating breakfast include:

- Kids who eat school breakfast are more likely to have a better overall diet, eating more fruits, dairy and a variety of foods.
- All food items served at school breakfast must meet strict dietary guidelines created by the USDA.
- Wednesday, March 4, is Free Breakfast For All Day! Come to the cafeteria for a great breakfast.
- Menu items rotate to provide variety, but a school breakfast always includes milk, fruit and whole grains. Enjoy breakfast at school!
- Eating breakfast makes it easier to focus on school work and not on a hungry belly.

Breakfast in the classroom is available at all schools. If students get to school late, they may take your breakfast to class with them.

