

# Breakfast- The Most Important Meal of the Day

**Come Join Us in the AW Cafeterias  
Monday - Friday**

**Primaries 8:25 a.m. - 8:45 a.m.**

**Campus 7:15 a.m. - 7:40 a.m.**

**\*JH & HS on mobile carts in the hallway**



Every child should start the school day with a healthy breakfast.

Studies show that students who skip breakfast generally have slower memory recall, make more errors and are more likely to be absent or tardy and to repeat a grade.

Students who eat breakfast generally have better vitamin and nutrient intake, enjoy overall healthier diets and are less prone to being overweight or obese.

Researchers found students who ate meals at school were less likely to be hyperactive and had fewer behavioral or attention problems than their hungry peers.

## **Additional Information**

Breakfast is FREE to all students who qualify for free or reduced meals. Breakfast costs \$1.75 for full paying students.

## **Additional Information**

Breakfast meals include an entrée with whole grains and/or protein, whole fruits, 100% fruit juice and fat free flavored milk or 1% white milk.

