



WHEN CHILDREN EAT BREAKFAST!

Attendance

- Are likely to have fewer absences
- Are less likely to be tardy



Performance

- Helps improve their problem-solving
- Helps improve their memory



Behavior

- Get along better with their peers
- Are more attentive and likely to behave



Healthy habits

- Are less likely to be overweight when eating breakfast regularly
- Get 1/4 the recommended amounts of protein, calcium, iron, vitamin A, and vitamin C from school breakfast

