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

USDA is an equal opportunity provider and employer.