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The Facts about School Breakfast

School Breakfast is proven to be good for children's bodies and their minds. Research shows that children who eat breakfast have improved memory, problem-solving skills, verbal fluency and creative abilities.

Why Eat Breakfast?

School Breakfast *really* is the most important meal of the day for kids and provides the necessary fuel to start a day of learning and achievement. Research has shown that children who eat breakfast at school:

- Score better in standardized tests
- Have fewer health issues
- Behave better in class

Research also shows that kids who skip breakfast rarely make up for missed nutrients later in the day – so skipping breakfast could also affect the after school activities that they really love!

School Breakfast: Good for your Kids

School breakfast provides 25% of the recommended daily allowance of protein, calcium and iron, vitamins A and C and calories for your kids as well as meeting federal nutrition guidelines based on the Dietary Guidelines for Americans.

What's in a meal?

Menus change daily, but are designed to meet a child's needs.

The breakfast line-up includes this good stuff:

- Milk
- Fruits, 100% juice or vegetables
- Breads or other whole grains including cereal
- Meat and/or meat alternates

What is the School Breakfast Program?

Congress established the School Breakfast Program (SBP), first as a pilot program in 1966, then permanently in 1975. SBP is federally funded, locally delivered nutrition program, similar to the National School Lunch Program (NSLP).



Crunch

School Breakfast Today - the Quick Facts!

- SBP provides a nutritious breakfast to more than 10.1 million children each school day and over 1.7 billion meals annually (2007)
- Over 80,000 schools and institutions serve school breakfast every day, compared to almost 100,000 that offer NSLP (81.1%)
- For fiscal year 2007, Congress appropriated \$2.2 billion for the SBP
- Innovative approaches to serving breakfast include serving it during first period, 'grab and go' bags in the halls or even serving on the school bus.
- Average breakfast prices
 - Elementary School - \$0.97
 - Middle School - \$1.03
 - High School - \$1.05

