



# Breakfast

## FRESH & HOT!

### SERVED DAILY AT YOUR

## SCHOOL CAFETERIA

“Break”fast breaks the night time fasting. After not eating for at least 8 hours, your body needs some fuel to wake up! Starting the day with a well-balanced meal keeps hunger at bay and allows you to make wise choices for the meals that follow. Breakfast also helps improve your concentration in the classroom, allowing your mind to focus on what is being taught verses when you are going to eat.

**Eating breakfast is a no-brainer!**