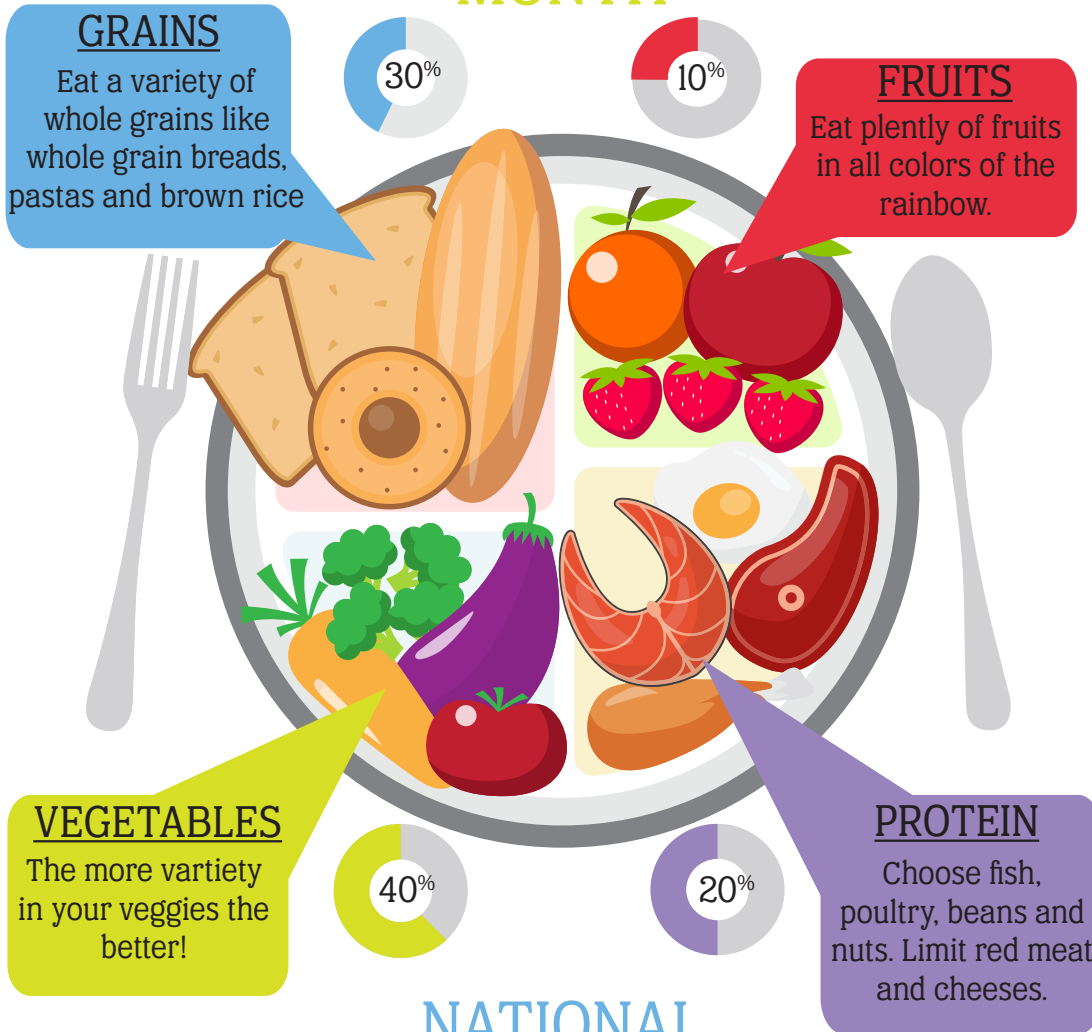


# NATIONAL NUTRITION MONTH



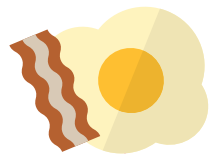
March 5<sup>th</sup> thru 9<sup>th</sup>

## NATIONAL SCHOOL BREAKFAST WEEK

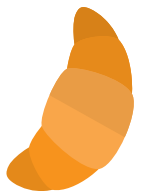
March 5<sup>th</sup> thru 9<sup>th</sup>



Students who eat breakfast get a brain boost! They are more likely to have a better memory and be able to pay attention during class.



At school breakfast, you get lots of delicious and nutritious options - fresh fruits, whole grains, and low fat or fat-free milk.



School breakfast may also help you ace that test! Students who eat breakfast have been shown to have better test scores.

Breakfast also gives your muscles energy so you can run, jump, or walk when you're playing.

