

Celebrate National School Breakfast Week! March 7-11, 2022



**It's a great time
to try out
school breakfast!**

PARENTS: Did you know?
Your child can super
charge with healthy
breakfast options
at school!

TAKE OFF

WITH SCHOOL BREAKFAST

Studies show that students who eat school breakfast are more likely to:

✓ Reach higher levels of achievement in reading and math

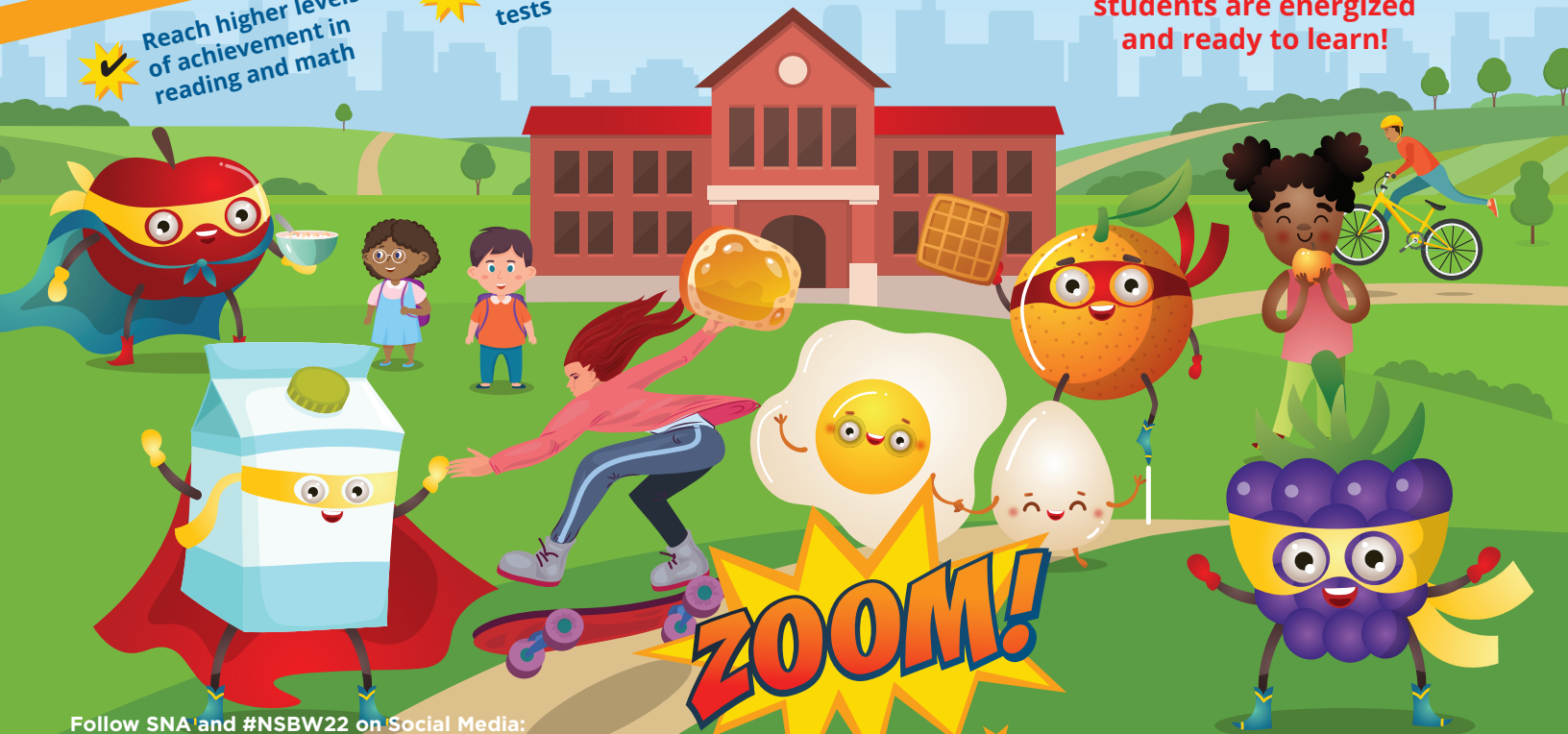
✓ Score higher on standardized tests

✓ Have better concentration and memory

✓ Be more alert

✓ Maintain a healthy weight

A nutritious breakfast at the start of the day is a great way to ensure students are energized and ready to learn!



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@Schoolnutritionassoc



@SchoolLunch

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