

# School Breakfast Benefits



Be the best you can be by starting your day with **BREAKFAST**—discover all the benefits!

## Students who eat

### SCHOOL BREAKFAST



Participate in class

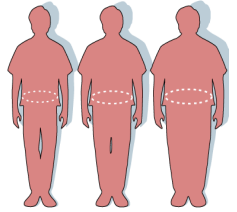


REMEMBER

more of

what they learn

Have healthier body weights



Have higher test scores

Are more alert

Make healthier food choices throughout the day

Have better concentration

**BREAKFAST** is **BRAIN POWER**

