



5 REASONS YOU SHOULD EAT BREAKFAST

ENERGY – BREAKFAST IS AN IDEAL WAY TO ENERGIZE SO THERE WILL BE NO SLEEPING IN CLASS!!!!

IMPROVED CONCENTRATION

BETTER GRADES – STUDENTS WHO EAT BREAKFAST PERFORM BETTER ACADEMICALLY!

HEALTHY WEIGHT – STUDENTS TEND TO MAKE HEALTHIER FOOD CHOICES THROUGHOUT THE DAY, WHICH CAN POSITIVELY IMPACT WEIGHT AND LONG-TERM HEALTH

EAT BREAKFAST EVERYDAY! COST IS \$1.50 AND CONSISTS OF:

MAIN ENTREE
FRUIT JUICE
FRUIT
MILK