

ENERGIZE YOUR DAY!



Eat School Breakfast



**We are pleased to offer the School Breakfast Program
at the following MISD buildings:**

**Bovenschen, Bozymowski, Glen Peters, Maple Lane,
Rockwell, and Neil Reid.**

All breakfast meals are \$1.75 for students.

There are many benefits of breakfast:

Children who eat breakfast are likely to have fewer absences than those who do not.

By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate, and protein.

Eating breakfast as a child is important for establishing healthy habits for later in life.

Breakfast in the classroom for all students has shown improved student behavior and attentiveness.

Eating breakfast food high in fiber and low in sugar helped students sustain the cognitive effects of breakfast.

School breakfast provides balanced nutrition with daily servings of fruit, whole grains, and milk, plus roughly $\frac{1}{4}$ of the recommended calories needed for lasting energy.

For more information, please contact Carolyn Thomas at 586-228-3300

