



# Idaho Discovers School Breakfast!

## WHY SCHOOL BREAKFAST?

Mornings can be really crazy! School breakfast is an option when family schedules are rushed or children don't feel like eating in the morning.

- Studies show that breakfast helps students learn. The few minutes it takes to add breakfast to the school day are offset by students' active participation once their brains are fueled.
- Breakfast at school is affordable, too. A full breakfast costs less than convenience store items.
- If you qualify for the free or reduced-price school lunch program, you also qualify for the breakfast program, with no additional paperwork.
- Even at full price, breakfast often costs less than a dollar. You won't find a balanced breakfast at such a low cost anywhere else!
- Breakfast also supplies vitamins and nutrients for a strong and healthy body.

## WHAT DO OTHER PARENTS SAY ABOUT SCHOOL BREAKFAST?

*"School breakfast gives my kids a chance for a nutritious breakfast."*

*"School breakfast provides my kids a place to go before school starts; I go to work early."*

*"Sometimes there is just no time to fix breakfast at home."*

*"I feel less guilty when I'm rushed if I know my kids will get breakfast at school."*

**For more information on The School Breakfast Program or other school meals programs, contact your school or call or write to:**

Child Nutrition and Food Distribution Programs  
Idaho Department of Education  
650 West State Street  
Boise, ID 83720-0027  
1-208-332-6820

[www.sde.idaho.gov/site/cnp/](http://www.sde.idaho.gov/site/cnp/)

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## WHAT'S FOR BREAKFAST?

Cereal  
Toast  
Muffins

Egg Sandwich  
Pancakes  
Waffles

Hot Cereal  
Bagels  
English Muffins

Fruit  
Yogurt  
Milk