

IF YOU EAT BREAKFAST, YOU . . .

CAN



THINK

PLAY

ENJOY

LEARN

BREAKFAST@SCHOOL



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WITH BREAKFAST YOU CAN { ACCOMPLISH ANYTHING!

MIRACLE MEAL!



It doesn't matter **WHERE** you eat breakfast – at home, on the way to school, or with your friends at school – **JUST EAT IT!** A good breakfast gives you the brain power to **THINK** and **LEARN**, the energy to **PLAY**, and the alertness and well-being to **ENJOY** the day! Study after study has shown that eating breakfast helps kids **pay better attention** in class and **score higher** on tests. A good breakfast is more than just sugary cereal - it should include a mix of complex carbs, protein, and some fat, like fresh fruit, whole grain toast with butter, a glass of milk, and a scrambled egg. **Visit our web site to see more great breakfast combos and lots of other fun stuff!**

JOIN US EVERY MORNING AND START YOUR DAY ON FULL!

Don't have time for breakfast at home in the morning? Or maybe you (GASP!) discover that you're out of cereal!? **BREAKFAST@SCHOOL** is a convenient, economical, and healthy way to get the A.M. nutrition your mind, body, and spirit need! Whether you look forward to eating with your friends here every morning or if you decide to join us on the spur of the moment, you can count on a nutritious meal to get your day going right!

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