



**Give Students
their Breakfast Boost!**
**National School Breakfast Week
is coming up fast!**

This annual March event will be here before you know it!

Now's the perfect time to bring
[Breakfast After the Bell](#) to your school!

Try the healthy breakfast recipes below,
and use this celebration as a way to springboard into the many benefits
enjoyed nationwide by districts who've embraced this proven program:

HEALTHY LIFESTYLES

School breakfast is associated with lower BMI
and lower probability of childhood obesity

FIGHT CHILDHOOD HUNGER

Up to 62% of children regularly come to school hungry

INCREASE MEAL PARTICIPATION

Some districts report rates rising from 20% to 98%!

IMPROVE THEIR WHOLE DAY

Breakfast can result in fewer nurse visits, better behavior and more

Choose the option that works best for your district:

[Breakfast in the Classroom](#)

[Grab-n-Go](#)

[Second Chance Breakfast](#)

[Breakfast Vending](#)

Breakfast is a smart start for every student, every school day.

Learn more at

americandairy.com, breakfastintheclassroom.org and schoolnutrition.org!



National School Breakfast week

Make the Most of Breakfast Week!

Follow this schedule for fun promotions every day.

Monday: Promote Breakfast

Use daily announcements to enforce and reiterate the importance of eating breakfast.

Tuesday: Engage Teachers

- Make a list or create a graph of the foods students ate during breakfast that morning.
- Create a bulletin board for students to write down their favorite healthy breakfast items.

Wednesday: Engage Parents

Invite parents to eat breakfast with their children at school.

Thursday: Host a Taste Test!

Click link for helpful taste test tips. It's fun and can bring popular new

additions to your menu.

Friday: Chat with your school wellness committee

Conduct a breakfast survey to learn what items students love, and what they'd like to see added.

Kick up Breakfast with these popular recipes!



[Bruschetta Breakfast Pizza](#)



[Spiced Yogurt Muffins](#)



[Peaches 'N Cream Overnight Oats](#)



[Western Breakfast Egg Sandwich](#)



Talking breakfast on social media? Use these hashtags to promote your cafeteria:
#NSBW and **#schoolbreakfast**

