

# Why School Breakfast?

**Breakfast Improves School Performance**

**Every student needs to eat breakfast because a hungry child cannot learn!**

**With a school breakfast program:**

- \*Math and reading scores improve;
- \* Students are less likely to miss class or be tardy;
- \* Discipline problems decrease;
- \*Visits to the school nurse decrease.

**First Things First**

**Breakfast @ School**

**For first-class learning**

## **School Breakfast Supplies Important Nutrients**

- School breakfasts must meet the federal meal pattern and nutrition standards based on the *latest Dietary Guidelines for Americans*.
- School breakfasts offer a wide variety of nutritious foods including whole grains, fresh fruits, and low-fat milk and yogurt.
- Children who eat school breakfast consume more fruits, drink more milk and consume a wider variety of foods than those who skip breakfast or eat breakfast at home.

**Breakfast is available to students at all of  
Queen Anne's County Public Schools!**

- Any child at a participating school may purchase a meal through the school breakfast program.
- Free or reduced-price breakfasts (and lunches) are available for households that qualify.
- Please submit a Meal Benefit Application for the current school year to see if your children qualify for free or reduced-price meals.
- Remember, if your children qualify for free or reduced-price lunches, they are also eligible for free or reduced-price breakfasts.

**Breakfast = Achievement!**