

School Breakfast

It's a fact: Eating breakfast makes for a better day, especially for kids headed to school. Studies show kids who start their day with a nutritionally balanced breakfast perform better in the classroom, miss fewer days of school and even have fewer behavioral challenges after their morning meal!

Here are some tips to help your school promote the importance of breakfast:

1. List school breakfast offerings on a menu board in the carpool line or announcement board outside the school.
2. Promote the school breakfast menu on the morning announcements, social media pages and parent newsletters.
3. Implement grab-and-go, breakfast in the classroom or second-chance breakfast options.
4. Encourage the cafeteria to create fun, descriptive menu names for items being served:
 - Rise-and-Shine Oatmeal with Fruit Topping
 - Breakfast Power Sandwich
 - Egg-cellent Eggs
 - Yummy Yogurt Parfait
 - Pump-You-Up Peaches
 - Brain-Boosting Bananas
5. Invite "celebrity servers" to serve up a healthy breakfast—maybe the principal, teachers or even local police or firefighters can join in on the fun!
6. Celebrate National School Breakfast Week with fun activities planned throughout the school:
 - Serve breakfast for lunch.
 - Create a bulletin board about the importance of breakfast.
 - Incorporate breakfast lessons into the classroom.
 - Plan a pajama-themed spirit day.

NEED SOME MORE IDEAS? Strong4Life has got you covered. Visit www.strong4life.com/schools for more tips and resources to help support your Strong4Life Pledge.