



## POWER PACKED School Breakfast

School breakfast packs a powerful nutrient punch. Students who eat school breakfast are more likely to have more nutrient-rich diets higher in calcium, vitamin D, fiber and iron.

### School breakfast offers 1 cup of fruit every day.

- Vitamin C to help the immune system and heal cuts
- Fiber to help you stay full until lunchtime

### School breakfast offers 8 fluid ounces of low-fat or fat-free milk every day.

- Milk is packed with nine essential nutrients like:
- Calcium and vitamin D to keep bones strong
- Milk is a source of high-quality protein to help muscles and keeping them full until lunchtime

### School breakfast offers whole grains every day.

- Fiber to help keep tummies happy
- B vitamins for energy



School breakfast has just the right number of calories to fuel the brain and keep the body healthy without too much fat or salt.