

# Breakfast at School... How COOL Is That?!

So, you hit that snooze button 27 times and didn't have a chance to eat breakfast! Or, you just can't eat first thing in the morning, but are totally starved by the time you get to school. Get your day off to an awesome start with breakfast at school.



## Breakfast Really Gives You a Morning Jump Start

- Delicious food items you really like each morning
- You get to eat breakfast with your friends
- Cures that sick, hungry, tired feeling
- Your stomach won't growl in class (no more embarrassing moments!)
- One less hassle to deal with at home before coming to school



## We've Done the Math! Research Proves Eating School Breakfast Boosts Learning

- Helps to score higher on tests, and improve grades
- Makes it easier to pay attention in class
- Gives more energy to feel and perform better



**And All I Have to Do is Eat Breakfast  
in School? What a No Brainer!  
Start Eating School Breakfast Today!**