Celebrate National School Breakfast Week! March 6–10, 2023

PARENTS: Did you know? Your child can DIG IN to healthy breakfast options at school!

Be a School Breakfast Builder!

Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert
- Maintain a healthy weight

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