



**the quest for
school breakfast**
NATIONAL SCHOOL BREAKFAST WEEK
MARCH 2-6, 2026



The Realm Rises with Breakfast

15+ million students participate in the School Breakfast Program in the United States.

Stronger Bonds Begin at Breakfast

A healthy breakfast reduces irritability and disciplinary issues, and helps kids get along better with peers



Fuel for Focus

Eating a whole breakfast improves children's alertness, focus and memory.



A Smarter Start Wins the Day

Students who eat breakfast the morning of a standardized test achieve 17.5% higher scores than those who do not eat breakfast.



Strong Starts Shape the Future

Students who regularly eat breakfast are more likely to build positive, life-long eating habits and maintain a healthier body weight.

Ready for the Journey Ahead

Students who participate in school breakfast programs show improved attendance and academic performance



Sharp Minds Lead the Way

School breakfast helps students complete challenging mental tasks and boosts problem-solving abilities.

2026 National School Breakfast Week

Learn more about the importance of school breakfast at schoolnutrition.org/NSBW

Infographic Sources: School Nutrition Association "The School Breakfast Program: A Smart Investment for Student Success" at <https://schoolnutrition.org/wp-content/uploads/2022/06/Breakfast-Benefits-final.pdf>, USDA School Breakfast Program Resources at <https://www.fns.usda.gov/sbp>, Food Research & Action Center Resources at <https://frac.org/programs/school-breakfast-program/benefits-school-breakfast>.