

Celebrate National School Breakfast Week!

March 6–10, 2023

PARENTS:

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

DIG IN TO SCHOOL BREAKFAST

**Be a School
Breakfast
Builder!**

**WAFFLE
CROSSING**

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

**BREAKFAST
ZONE**

STOP

**EAT SCHOOL
BREAKFAST**

**BREAKFAST
FUEL
STATION**

Follow SNA and #NSBW23 on Social Media to learn more about #schoolbreakfast!



facebook.com/TrayTalk



@SchoolNutritionassoc



@SchoolLunch



Feeding Bodies. Fueling Minds.™

Kellogg's

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