

# National Breakfast Week

The School Breakfast Program (SBP) provides low cost, nutritional meals to students during the early hours at school. The program is administered by the United States Department of Agriculture and funded by the Child Nutrition Act of 1966. Student participation has grown from 3.7 million in 1989 to over 10 million today!

Breakfast is the most important meal of the day. Did you know a study found that the SBP has beneficial health effects for children? Students who participate in SBP consume less calories from fat and are less likely to have low serum levels of vitamin C and folate.

Here are some examples of a healthy breakfast for kids:



- Quesadilla with egg and shredded cheese
- Cereal with milk
- Yogurt with granola
- Banana and string cheese
- Whole wheat bagel and 100% juice