

# BREAKFAST@SCHOOL

## helps keep kids healthy and gives them the energy they need to learn.

Kids who eat a nutritious breakfast pay better attention in class, behave better, and perform better in the classroom and on standardized tests. And studies show that kids who eat breakfast also tend to eat healthier throughout the day.

But these great benefits only kick in **IF KIDS EAT BREAKFAST!** Modern households are hectic places in the morning, and kids might not be hungry yet by the time they rush out the door. And if kids skip breakfast or just gulp down something quick and junky, they can't concentrate in school AND their overall wellness suffers.

We've got a solution: **BREAKFAST@SCHOOL!** The breakfasts we serve are always convenient, economical, and healthy. And this year, we began implementing new USDA regulations for our breakfasts that will ensure our commitment to good nutrition just keeps getting stronger! The new regulations will help guarantee that:

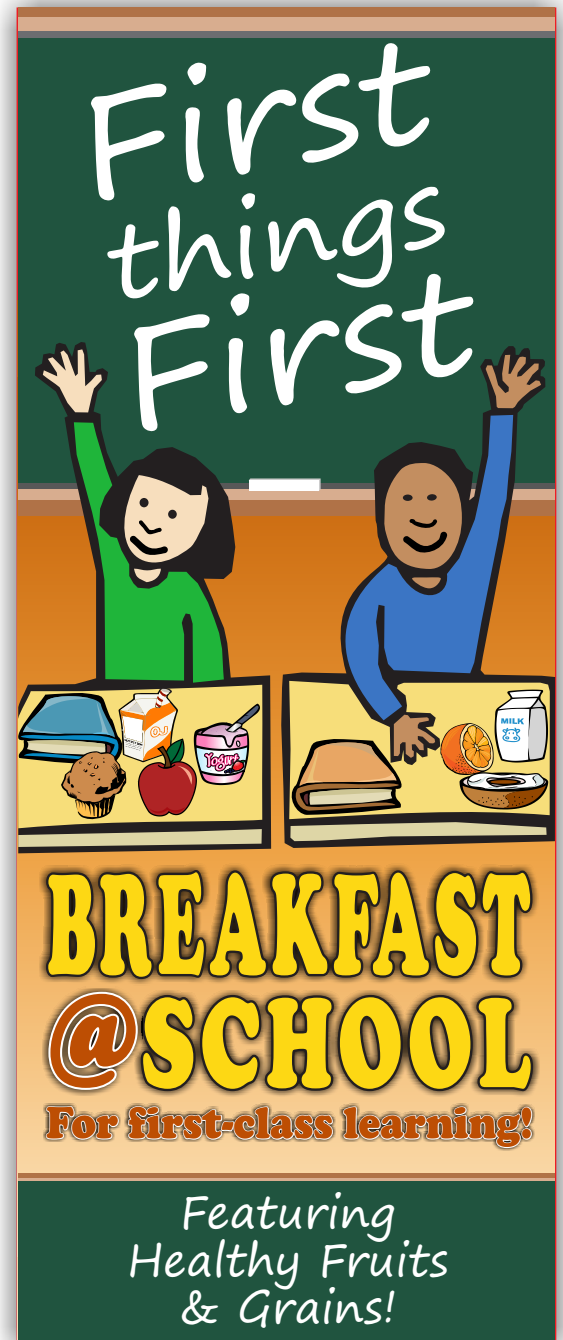
- \* All school breakfasts are **COMPLETE MEALS**, including milk, fruit or veggie, and grain (meat can substitute for grain on some menus).
- \* Half of all grains we serve must be **WHOLE GRAIN RICH**, and by next year all grains must be whole grain rich.
- \* We'll be **LIMITING SODIUM, SATURATED FAT, AND CALORIES** -- which means that **ADDED SUGAR** in our meals will be limited, as well. And every item we serve contains **ZERO GRAMS PER SERVING OF TRANS FAT**.
- \* And, as always, **families who qualify for free or reduced-price lunch automatically qualify for free or reduced-price breakfast.**

Don't let your kids miss out on the benefits of a healthy breakfast. If there's no time for breakfast at home, **join us for BREAKFAST@SCHOOL!**

**PLEASE JOIN US FOR NATIONAL  
SCHOOL BREAKFAST WEEK  
MARCH 3-7, 2014**  
**A GREAT TIME TO TRY BREAKFAST@SCHOOL!**

**ALLEGANY COUNTY PUBLIC SCHOOLS  
FOOD & NUTRITION SERVICES**

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First things First

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Healthy Fruits  
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We serve education every day™