

Rise & Shine

Be Healthier. Be Happier. Be Smarter. Start with Breakfast!



Join your friends for a yummy, nutritious school breakfast!

Fuel up with a hot or cold breakfast you'll love...
poptarts, cereal, breakfast pizza, pancakes and
more, along with fruit and milk.

School breakfast is available at every school, every
school day to every student, and it's affordably priced:

\$1.25 for elementary students.

\$1.50 for middle & high school students.

Students eligible for Free or Reduced
meals receive breakfast FREE everyday.

Without breakfast, you're not all there.
Eat school breakfast and be ready to achieve!



The USDA & the Hoquiam School District
are equal opportunity employers and providers.

Food for thought:

Research proves eating school breakfast boosts learning.

- It takes more than books for a child to learn. Eating breakfast can help improve math, reading and standardized test score. Breakfast can also help children work faster, make fewer errors and be more creative.
- Children who eat breakfast are more likely to behave better in school and get along with their peers than those who don't. Breakfast can also put a child in a good mood.
- Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.
- Children who eat breakfast are likely to have fewer absences and incidents of tardiness than those who don't. Children are also less likely to be sent to the principal or visit the school nurse when they eat breakfast.
- By eating school breakfast, students get more of important nutrients, vitamins and mineral such as calcium, dietary fiber, foliate and protein.
- Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight and it reduces snacking.
- Eating breakfast as a child is important for establishing healthy habits for later in life.
- What a child eats for breakfast can have an impact on learning. One study showed that eating breakfast food high in fiber and low in sugar can help student sustain the cognitive effects of breakfast.
- School breakfast provides 1/4 the recommended amounts of protein, calcium, iron, vitamin A, and vitamin C for the day. School breakfast offers high nutrient foods that will sustain energy levels throughout the morning.
- A hungry child cannot learn. Help a child Rise and Shine with a nutritious, affordable school breakfast.

