Better Focus, Attention, and Retention

Providing breakfast to students at school improves their concentration, alertness, comprehension, memory, and learning.¹

Improved Performance on Tests

Children who eat breakfast at school—closer to class and test-taking time—perform better on standardized tests than those who skip breakfast or eat breakfast at home.²

Fewer Disciplinary Problems

Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores, as well as decreased tardiness.³

A Healthier Start to their Day

Compared to children who do not eat breakfast or eat breakfast at home, children who eat school breakfast:

- Are less likely to be overweight
- Eat more fruits
- Drink more milk
- Have improved nutrition
- Consume a wider variety of foods⁴


⁴ http://fsac.org/federal-food-nutrition-programs/school-breakfast-program/