

A breakfast survey was recently conducted at Milton High School and students were asked if they consumed breakfast in the morning. We found out that 29% of our students do not consume breakfast. They stated it was because they don't have time or they usually do not eat breakfast. Fortunately, 70% of the students do consume breakfast with 16% of them eating breakfast at school.

***Did you know?***

- Most students try to find something quick and easy to eat at home to arrive at school on time, however if the students have breakfast at school, it will provide the essential nutrition while keeping them full for a few hours longer as all our grain products are whole grain.
- The students may even have time to finish homework or study while having breakfast at school.
- The United States Department of Agriculture (USDA) policy for school breakfasts must provide at least 1 cup fruit, 1 cup milk, and 2 servings of whole grain
- School breakfasts tends to be healthier than what students eat at home as it provides energy and the essential nutrients, including iron, calcium, and vitamins B and C, which are necessary for growth, development and good health.
- Milton Public Schools provides low sugar, whole grain cereal—you can't find this in stores!
- Some quick, easy meals offered at school:
  - Hot breakfast sandwich with a side of fruit and milk
  - A healthy bowl of cereal or oatmeal with a cup of milk and juice or fruit on the side.

***Don't have time for breakfast?*** Did you know Milton High School and Pierce Middle School have a grab-and-go cart available with breakfast options? If the student prefers to bring something from home, quick and healthy options can be a granola bar, overnight oats with fruit & cinnamon, or a 5oz yogurt with granola, oats, or muesli with a side of hand fruit to go.

| <b>Cafeteria Options</b>                              | <b>Grab &amp; Go Cart Options</b>                             |
|---|---|
| <i>Hot breakfast sandwiches</i>                       | <i>Muffins</i>  |
| <i>Hash browns</i>                                    | <i>Whole grain buns</i>                                       |
| <i>Cereal/Oatmeal</i>                                 | <i>Cereal bars</i>  |
| <i>Mini cinnamon whole grain bites</i>                | <i>Cinnamon sticks</i>  |
| <i>Whole grain pancakes, French Toast and waffles</i> | <i>Whole grain poptarts &amp; whole grain graham crackers</i> |
| <i>Cereal bars</i>                                    | <i>Whole grain dunkers</i>                                    |
| <i>Juice, fresh fruit, milk</i>                       | <i>Juice, fresh fruit, milk</i>                               |

**How can breakfast affect children while at school?**

***Those who skip breakfast***

- Have a lower nutrient and energy intake across the day (consuming more calories later in the day does not make up for the skipped breakfast)
- Will make unhealthy choices and overeat for their next meal which is associated with strong risk of excess weight gain as the first step to obesity, metabolic disorders, diabetes, & cardiovascular diseases.
- Interferes with cognition and learning

***Those who consumes a nutrient dense breakfast***

- Correlated with better dietary outcomes
- May reduce the risk of excess weight gain
- Positive impact on attendance and concentration
- More in-class participation
- Improve memory & positively affect the tasks that require the retention of new information
- Increase in reading & math test scores
- Overall better performance at school
- May improve outcomes such as behavior, health & overweight status
- Less nurse visits with complaints of stomach aches, feeling weak and tired – and needing a snack to help them feel better.

***A full breakfast at school costs \$1.25 and is free to the students who qualify for free and reduced meals.***