



BREAKFAST AND LEARNING: IT'S A PACKAGE DEAL.

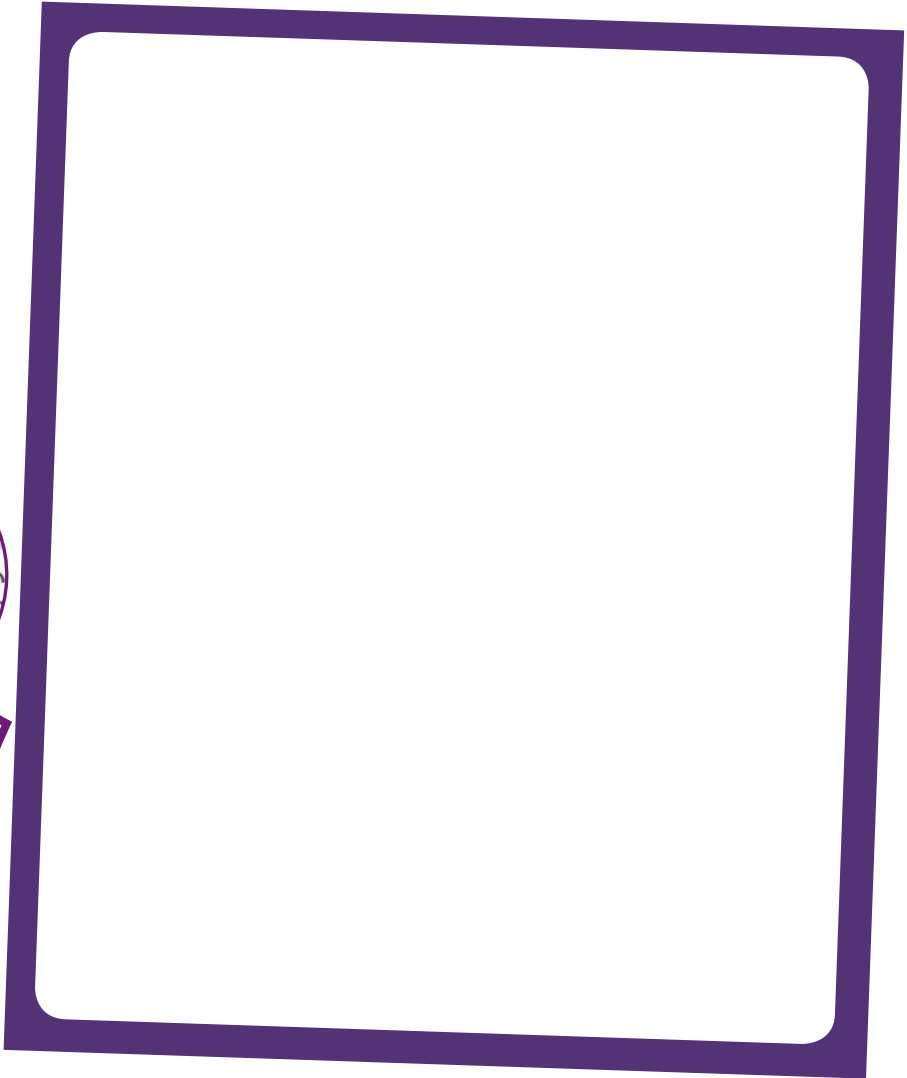
National School Breakfast week is March 4-8, so it's time to celebrate all the ways eating a healthful breakfast each day helps you succeed in school.

PART 1 Did you know that students who eat breakfast, including milk and other dairy products:

- ✓ Do better in spelling, reading, and math.
- ✓ Miss less school.
- ✓ Pay attention more.
- ✓ Are healthier.



Use this space (or the back of this sheet) to draw a picture of your partner with a milk container and a milk mustache.



PART 2 What's on your school breakfast menu this week? Use this chart to track the healthful foods you eat for breakfast each day, including milk and other dairy products. In the bottom row, list your favorite school breakfast item and rate it by filling in one to five emojis.

	MARCH 4	MARCH 5	MARCH 6	MARCH 7	MARCH 8
Low-fat dairy					
Whole grains					
Vegetables					
Fruit					
Favorite food					
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