

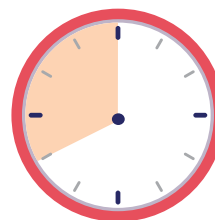


United States Department of Agriculture

MAKE BREAKFAST FIRST CLASS



Not all children eat breakfast and those who do have improved moods and increased alertness throughout the morning.



Children and adolescents who eat a **protein-rich** breakfast report **lower hunger for up to 4 hours.**

More children participate in school lunch than school breakfast.

In the **National School Lunch Program**,

30 million

children participate across **97,000** schools and institutions



But in the **School Breakfast Program**, only

15 million

children participate across **91,000** schools and institutions



On average, students who participate in the **School Breakfast Program** eat a breakfast of **higher nutritional quality** than students who eat breakfast elsewhere.

More children participate in the **School Breakfast Program** if it is offered in the **classroom**. About **2 in 5 (42%)** students who never participate in the **School Breakfast Program** say they would participate if offered breakfast in the classroom.

