



## Breakfast will be available to Dewing students before school each day.

## Cereal, milk, fruit, yogurt. \$1.50 (\$.30 reduced)

## **Breakfast's Benefits:**

Schools have the unique opportunity to offer hungry students breakfast at school to help get their day off to a healthy start. By providing more students with the opportunity to eat breakfast at school, research confirms that students:

- Have better attendance
- Are tardy less often
- Are better able to concentrate
- Perform better academically through higher test scores and grades especially when eaten close to testing time
- Make fewer visits to the school nurse
- Have fewer disciplinary problems and report less bullying