



Eat Breakfast Here!

FREE for all students @ MVUSD

To fill up your mind, you must first fill your tummy!

Eating breakfast helps with math scores and overall school attendance!

Start your day with protein-rich foods to prevent crash from sugars which are used up quick & prevents need to snack

Breakfast is the perfect time to reach for a healthy fruit or vegetable

Eating breakfast will help tell your body you'll have more food to come in your day.

Prevents the sluggish feeling of your body conserving Energy!



- ◇ Starting your day with breakfast benefits student, parent, & teachers!
- ◇ A smiling face in the morning serving nutritious food under USDA School Breakfast Program Guidelines, makes all the difference.
- ◇ Grab and Go to class convenience @ every school without drive-thru or extra expense of shopping
- ◇ Having breakfast @ school makes it easier to get the student out the door in the morning wake up routine.