

It's Breakfast Time!!!

Did You Know...

- Breakfast "breaks the fast" from the night before.
- It is the most important meal of the day as it provides the energy to start your day of learning and achievement.
- If you haven't had any food, by lunch you'll start to feel fatigued and are more likely to be vulnerable to cravings and make unhealthy food choices.

Don't forget breakfast is available every day in your school's cafeteria 30 Minutes prior to the first bell!

