

Discover Breakfast!

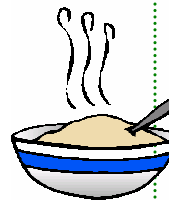
WHY EAT NUTRITION BREAK?

- It's a great nutritious mid-morning meal.
- Nutrition Break at school costs less than at the convenience store.
- Eating Nutrition Break gives you brain energy to think clearly in your classes and gets you "charged up" for the day.
- Nutrition Break has vitamins and nutrients for a strong and healthy body.
- Starting the day with a healthy breakfast revs your metabolism and keeps it going strong for the rest of the day.
- Studies show that when you eat in the morning, you are less likely to overeat during the day.



WHAT'S FOR BREAKFAST?

WG Cereal
WG Granola Bars
WG Muffins
Low fat yogurt
Fruit
Juice
WG Bagels
Milk



WHAT DO OTHER KIDS SAY ABOUT EATING NUTRITION BREAK?



- "I like nutrition break because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat nutrition break because I'm hungry!"



This institution is an equal opportunity provider.