Meal Myths

Myth: School breakfast is only for families who qualify for free and reduced meals.

Fact: School breakfast gives your student – and any student – a healthy meal to start the day! It's such a good idea, many schools offer free breakfast to all students, regardless of family income.

Myth: Foods served in the School Breakfast Program aren't healthy.

Fact: School breakfasts are planned to meet nutrition guidelines based on the Dietary Guidelines for Americans and MyPlate to ensure a healthy start to your student's day. Meals contain whole grain-rich products, fat-free or low-fat milk, and fruits, vegetables, or both.

School breakfast is for EVERYONE!

Meal Myths

Myth: It is my responsibility as a parent to feed my child at home.

Fact: Parents are responsible for making sure their children have a healthy breakfast to start their day. School breakfast makes this responsibility easy by providing a complete, nutritious meal.

Myth: Students don't like school food.

Fact: Students across the state are enjoying delicious menu offerings like yogurt parfaits, French toast sticks, and breakfast burritos. These breakfast entrees are served alongside milk and a variety of fruits, vegetables, or both.

For more information contact:

Wisconsin Team Nutrition
School Nutrition Team
Wisconsin Department of Public Instruction
P.O. Box 7841
Madison, WI 53707-7841
608-267-9228 or 1-800-441-4563
DPIFNSTeamNutrition@dpi.wi.gov

Wisconsin School Meals Rock Website:
dpi.wi.gov/wisconsin-school-meals-rock

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Get School Breakfast for an A+ Boost

Check out your school's breakfast and see for yourself that **Wisconsin School Meals ROCK!**

Get School Breakfast for a Convenient Academic Boost

Making the Case for School Breakfast

School breakfast is a great way to make sure all students are ready to learn and do their best throughout the school day. This sets students up to succeed and become college and career ready.

Participating in school breakfast can start your child's day the right way.

While many students are able to eat breakfast at home, some choose not to for a variety of reasons, including:

- Not hungry first thing in the morning.
- Feeling rushed in the morning.
- Would rather sleep longer.
- Have to be to school early (practice, clubs, parent work schedule).

Benefits of Breakfast

Every parent wants their child to succeed. Children who eat breakfast:

- Tend to be healthier, weigh less, and be more active.
- Are more likely to meet recommended levels for important nutrients like calcium.
- Perform better on tests of math, matching, and memory.
- Have fewer behavioral issues.

Did you know that students who eat breakfast closer to classroom teaching and testing time perform better on standardized tests?

School breakfast may give your child an extra boost of brain power to ace the day.

Time Saver

The School Breakfast Program can make your mornings easier by saving you time. Schools serve breakfast in different ways depending on the needs of their students. This includes traditional cafeteria-style service, grab-and-go style, and even service directly in the classroom.

What would your child do with extra minutes in the morning?

On average, it takes 10-15 minutes to eat breakfast. Your child could use those valuable morning minutes in other ways.

- Sleep
- Finish homework or pack their backpack
- Catch the bus without stress
- Get to school early and socialize with friends

What Makes a School Breakfast?

Schools participating in the School Breakfast Program must offer students minimum quantities from three required components: grains, milk, and fruits. Vegetables may be served along with or in place of fruit. Protein foods may be offered in addition to these components. Students must be offered meals that provide an average of 350-500 calories (grades K-5), 400-550 calories (grades 6-8), and 450-600 calories (grades 9-12).

Fruits at least 1 cup	**Milk** 1 cup
Grains at least 1 ounce equivalent	**Proteins** *May be offered in addition to the required components*

What is an ounce equivalent of grains?

- 1 slice of bread
- 1 cup cereal
- 1 pancake (approximately 4")

What are examples of proteins served in the School Breakfast Program?

- Yogurt
- Eggs
- Nut or seed butter
- Cheese