Solutions to overcome barriers to school breakfast (such as busy schedules, lack of resources, and bus schedules) are not one-size-fits-all. Many schools have achieved success by changing to a new venue or offering a combination of breakfast options, such as:

**Opportunities to Grow School Breakfast**

- Breakfast in the classroom
- Non-traditional breakfast times (second chance breakfast)
- Breakfast kiosks
- Grab-and-go breakfast
- Breakfast on the bus

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**Why School Breakfast?**

1. **Breakfast Improves School Performance**
   - With a school breakfast program:¹, ², ³
     - Students’ math and reading scores improved
     - Students were less likely to miss class or be tardy
     - Discipline problems decreased
     - Visits to the school nurse decreased

2. **Breakfast Supplies Important Nutrients**
   - Breakfast contributes less than 20% of daily calories, while providing many key vitamins and minerals including:⁴, ⁶
     - Calcium
     - B vitamins
     - Iron
     - Vitamin D
   - Nutrients missed at breakfast are typically not made up during the day.⁶

3. **Breakfast Eaters Have Healthier Body Weights**
   - Eating breakfast is a healthy habit that can help kids and adults on the path toward a healthy weight.
     - Breakfast eaters are less likely to be overweight.², ⁸, ⁹
     - Frequent cereal eaters weigh less than those who consume cereal less often.¹⁰

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**Breakfast = School Success**

**Kids Who Frequently Eat Cereal Have Healthier Body Weights**

<table>
<thead>
<tr>
<th>Age</th>
<th>Fewer than 4 servings in 14 days</th>
<th>4-7 servings in 14 days</th>
<th>More than 7 servings in 14 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 4-6</td>
<td>48%</td>
<td>26%</td>
<td>21%</td>
</tr>
<tr>
<td>Age 7-9</td>
<td>50%</td>
<td>16%</td>
<td>21%</td>
</tr>
<tr>
<td>Age 10-12</td>
<td>45%</td>
<td>50%</td>
<td>21%</td>
</tr>
</tbody>
</table>

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**Footnotes**

¹, ², ³, ⁴, ⁵, ⁶, ⁷, ⁸, ⁹, ¹⁰

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**Selected References**

1. [Link to reference 1]
2. [Link to reference 2]
3. [Link to reference 3]
4. [Link to reference 4]
5. [Link to reference 5]
6. [Link to reference 6]
7. [Link to reference 7]
8. [Link to reference 8]
9. [Link to reference 9]
10. [Link to reference 10]
A School Breakfast Program Benefits Everyone

With a school breakfast program:

**Schools:**
- Can generate additional revenue each year.
- Have students who are better prepared to learn.

**Students:**
- Are given an opportunity to start the day with a healthful meal.
- Can achieve higher test scores.
- Are less likely to miss class, be tardy, have disciplinary problems, and/or visit the school nurse.

You can meet the needs of students and capture a growing market:
- About 20 million more kids are eating school lunches than school breakfasts each day.
- More than 25% of 11-18 year-olds skip breakfast.²

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10. BIHN Dietary Intake Research