



National School Breakfast Week

National School Breakfast Week promotes the importance of starting the day with a healthy meal. National School Breakfast week takes place the first full week of March.

Celebration ideas:

- Breakfast-related morning announcements
- Special menu items
- [Host a coloring contest for the 'healthiest' breakfast](#)
- Reminder of school breakfast times in school newsletter or flyer
- Hold a raffle for students that participate in the breakfast program all week

Resources:

- [School Nutrition Association](#)

Sample National School Breakfast Week Morning Announcements

- 1) This week is National School Breakfast Week- schools all over the country are celebrating how important it is to start your day with a healthy meal! If you don't eat breakfast at home, remember you can eat it at school. Breakfast starts at ____am!
- 2) Did you know that kids who eat breakfast do better in school? Breakfast keeps you feeling full, boosts your memory, and gives you energy to focus in the classroom.
- 3) Breakfast refuels your body and brain after sleeping. Just like a car needs gas to get going, our bodies need fuel to begin a new day!
- 4) Milk and fruit are two important building blocks for a healthy diet. Kids who eat school breakfast get both milk and fruit every day!
- 5) What is something that starts your day strong and gives you energy all day long? Breakfast! Fruit, yogurt, or even a sandwich can be quick ways to fuel up in the morning!

