

# Celebrate National School Breakfast Week!

## March 6-10, 2023

**PARENTS:**  
Did you know? Your child can **DIG IN** to healthy breakfast options at school!

# DIG IN TO SCHOOL BREAKFAST

Be a School Breakfast Builder!



Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert
- Maintain a healthy weight



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