

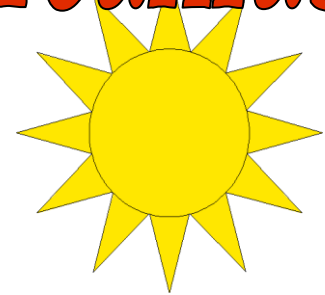


*Breakfast Available to All Students At  
Stillwater Elementary School  
Cost \$1.75 Check Our Menu out on our  
Website!*

# Discover School Breakfast!

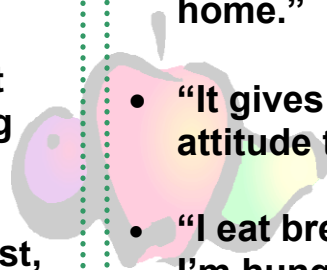
## WHY EAT BREAKFAST?

- It's a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you "charged up" for the day.
- Breakfast 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 breakfast, you are less likely to overeat during the day.



## WHAT DO OTHER KIDS SAY ABOUT EATING BREAKFAST?

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



## WHAT'S FOR BREAKFAST?



- |          |               |
|----------|---------------|
| Cereal   | Fruit         |
| Frudel   | Mini Cinnis   |
| Muffins  | String Cheese |
| Pancakes | Bagels        |
| Juice    | Waffles       |
| Yogurt   | Milk          |

