**PA Announcements

Hey…you! Did you eat breakfast this morning?** If you didn't you're missing out on important nutrients[[1]](#footnote-1) that can help you stay alert and do better in class![[2]](#footnote-2),[[3]](#footnote-3) So tomorrow morning remember to Fuel Up with School Breakfast!

**Fuel Up with School Breakfast:
PA Announcements**

**Hey…you! Do you want to do your best in school?** Studies show students who eat a good breakfast score better on tests and have better grades.3 So remember, Fuel Up with School Breakfast and be a superstar!

**Are you feeling a little under the weather? Did you remember to eat your breakfast this morning?** Studies show that students who eat breakfast feel better,[[4]](#footnote-4) have better attendance4,[[5]](#footnote-5) and fewer visits to the school nurse.4 To feel your best, always remember to Fuel Up with School Breakfast!

**How are you getting your fuel?** Eating a healthy breakfast, such as low-fat or fat-free milk, whole grain cereal and fresh fruit, gives your body the fuel it needs to play for 60 minutes a day. So don't forget to eat breakfast every morning and play for 60 minutes to keep your body strong and healthy!

**Menu Blurbs**

**Fuel Up with School Breakfast:
Menu Blurbs**

**It's more difficult for hungry students to concentrate.[[6]](#footnote-6)** That's why it's so important that every child has a healthy, nutritious breakfast every morning. If you don't have time to eat before leaving for school, don't forget that a nutritious breakfast is always available before class begins in your school. Fuel Up with School Breakfast to be your best!

**Did you eat breakfast this morning?** Many children come to school each day without having breakfast.[[7]](#footnote-7) It sure is hard to concentrate in class on an empty stomach! But don't worry; a healthy breakfast is available in your school each morning before class. So next time you leave home without breakfast, remember to Fuel Up with School Breakfast before heading to class so you can start your day off right!

**Do you want to do better on tests?** Everyone does, right? Well, did you know that students who eat a nutritious breakfast score better on tests and improve overall grades?[[8]](#footnote-8) To do your best in school, Fuel Up with School Breakfast!

**Breakfast is nutritious and delicious!** Not only do we feel better and do better in school when we eat breakfast, it also tastes delicious.[[9]](#footnote-9),[[10]](#footnote-10) A whole grain muffin, yogurt, and fruit—what could be better? So don’t forget to Fuel Up with School Breakfast every day!

**Students who eat breakfast make fewer trips to see the school nurse.[[11]](#footnote-11)** Who wants to be sick? That's no fun! Eating breakfast every day sounds like an easy and simple solution. So stay away from the nurse's office and Fuel Up with School Breakfast every day to feel your best!

1. Affenito et al. *J Am Diet Assoc.* 2005 [↑](#footnote-ref-1)
2. Wahlstrom and Begalle. *Top Clin Nutr*. 1999. [↑](#footnote-ref-2)
3. Murphy et al. *Arch Pediatr Adolesc Med*. 1998. [↑](#footnote-ref-3)
4. FRAC. *School Breakfast Scorecard*. 2007. [↑](#footnote-ref-4)
5. Dye and Blundell. *Br J Nutr*. 2002. [↑](#footnote-ref-5)
6. Mahoney et al. *Physiology and Behavior 85*. 2002. [↑](#footnote-ref-6)
7. USDA and NHANES, 2003-04. [↑](#footnote-ref-7)
8. Murphy et al. *Arch Pediatr Adolec Med*. 1998 [↑](#footnote-ref-8)
9. Wahlstrom and Begalle. *Top Clin Nutr*. 1999. [↑](#footnote-ref-9)
10. Meyers et al. *Am J Diseases Children*. 1989. [↑](#footnote-ref-10)
11. FRAC. *School Breakfast Scorecard*. 2007. [↑](#footnote-ref-11)