

Fuel Up with School Breakfast!




**Breakfast Club Card**

Fuel Up to Play 60 with School Breakfast.  
Drop your completed club card in the box for a chance to win!

Name: \_\_\_\_\_

Homeroom: \_\_\_\_\_



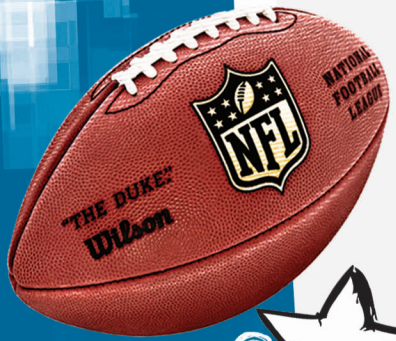
Buy 10 school breakfasts then turn in your completed Breakfast Club Card for a chance to win a:



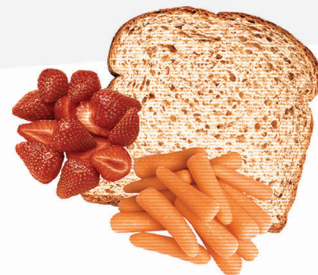
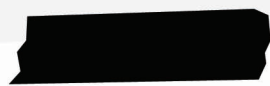


Fuel Up with School Breakfast!

Eating breakfast gives you more energy to feel and perform better.<sup>1-3</sup>



1. Section 9(f)(2)(B)(ii), Richard B Russell National School Lunch Act
2. Benton D et al. *Physiol Behav.* 2007
3. Alaimo K et al. *Pediatrics* 2001



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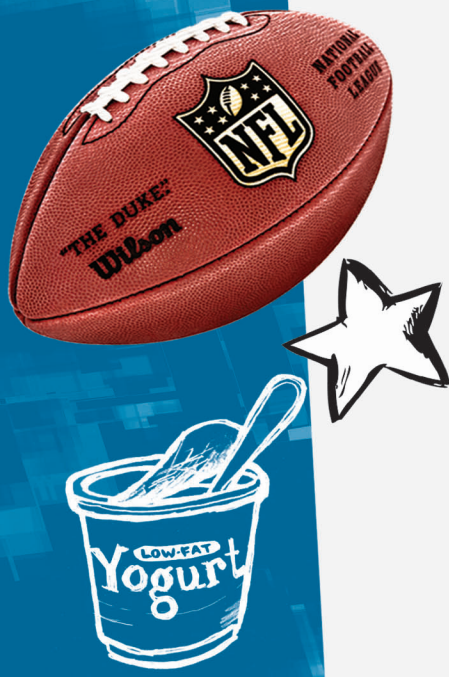
THE NFL MOVEMENT FOR AN ACTIVE GENERATION

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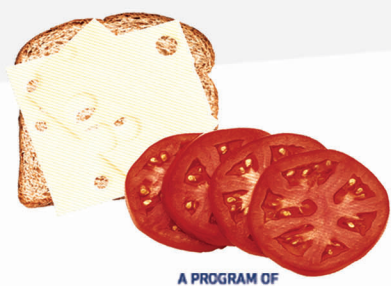


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School breakfast provides 1/4 of the energy and nutrients you need everyday.<sup>1</sup>

1. Section 9(f)(2)(B)(ii), Richard B Russell National School Lunch Act



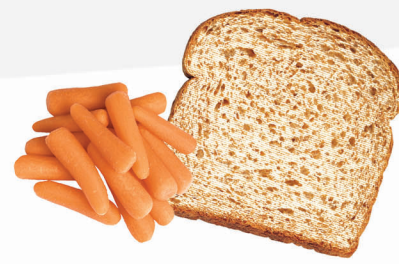


Fuel Up with School Breakfast!

Students who eat a healthy breakfast score higher on tests and improve grades.<sup>1-3</sup>



1. RampersaudGC et al. *J Am Diet Assoc.* 2005
2. Murphy JM et al. *Arch Pediatr Adolesc Med.* 1998
3. Alaimo K et al. *Pediatrics.* 2001



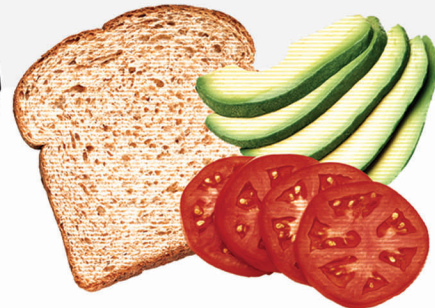


Fuel Up with School Breakfast!

Eating breakfast makes it easier to pay attention in class.<sup>1</sup>



1. Wesnes KS et al, Appetite. 2003



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