

## Q. I want my kids to eat a healthy breakfast, so why would I let them have school breakfast?

**A.** Actually, school meals are healthy meals that are required to follow updated USDA Nutrition Standards, which limit unhealthy fat, calories and sodium. What kids do get is a delicious, kid-friendly meal to fuel them for the day, including:

- A serving of raw, frozen, dried or canned fruit, in juice or light syrup, or 100% fruit juice. (Vegetables may be offered too).
- Breads and cereals must be whole grain-rich. Cereals are already reduced-sugar.
- Low-fat or non-fat flavored or unflavored milk.
- Protein-rich foods like eggs, yogurt or lean meats may be offered too.

## Q. My kids don't usually have time to eat fruits and vegetables for breakfast at home. Could school breakfast help?

**A.** Yes! Children are offered 1 cup of fruit but must take 1/2 cup of fruit and vegetables as part of the meal program. Fruits and vegetables are rich in vitamins A and C and potassium. So, your kids could be fueling up for the day with these colorful options:

- A variety of fresh apples, oranges, bananas, and 100% juice
- Seasonal fruits like fresh grapes and melon
- Local fruits like peaches, when available

**TIP:** To find out which fruits and vegetables are being served at your school, check out the weekly menu or talk to the school cafeteria manager.

## Q. What's on the menu for school breakfast?

**A.** Whether served in the cafe, from a grab-and-go cart or in the classroom, school breakfast provides these delicious options:

- Whole grain french toast sticks + fresh grapes + flavored or unflavored non-fat or low-fat milk
- Egg & cheese whole wheat bagel sandwich + fresh fruit + non-fat plain milk 
- Whole grain breakfast bar + fruit flavored yogurt + fresh apple slices + milk

## Q. What if our family can't afford school breakfast?

**A.** Contact your school food service director. Your child may be eligible for low-cost or free school meals. He/she would receive the same nutritious breakfast and lunch as students paying full price.