

WINTER

NUTRITION NEWS

WHAT'S HAPPENING IN SCHOOL FOOD?

Breakfast: Make it Part of Everyday

Start the New Year by Making a Habit of School Breakfast

The beginning of the year is the perfect time to form new habits for better health, starting with the first meal of the day. For students who regularly skip eating breakfast at home, having breakfast at school instead may be the solution.

School breakfast can play an important role in overall student wellness and the school learning environment. Studies show kids who eat breakfast at school:¹

- Are absent less
- Have better behavior
- Participate in class more often
- Perform better on tests
- Have better concentration

Nutritious and Delicious

While school breakfast programs must follow USDA nutrition guidelines, students won't eat if the food isn't appealing. To make certain menu items have "kid appeal", Aramark surveys students and regularly conducts taste tests. A recent survey among 125,000 students revealed favorite morning meals included items such as breakfast meats, waffles, hot sandwiches, French toast and pancakes.²

Here are a few student-approved menu items kids may see on their school breakfast menus this year:

- Country Chicken Biscuits
- Huevos Rancheros
- Turkey Pancake Wraps
- Cheesy Sausage & Egg Breakfast Burritos

If you'd like to see any of these school breakfast options offered at your school, talk to your school's cafeteria manager or nutrition director.

Location, location, location

The same student poll also found students prefer to get school breakfast at more convenient locations. About 50% of kids say, if offered, they would eat breakfast in the classroom or from a grab-n-go cart at school, while less than 20% want to go to the cafeteria.³

¹ Food Research and Action Center: <http://frac.org/wp-content/uploads/2009/09/breakfastforlearning.pdf>

² 2016 ARAMARK Student ViewPOINT Survey

³ 2016 ARAMARK Student ViewPOINT Survey



Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about a diet and exercise plan that's right for you. [visit myhealthyforlife.com](http://visitmyhealthyforlife.com)



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