

# **START YOUR DAY THE RIGHT WAY!**

**YOUR SCHOOL IS PLEASED TO OFFER A  
BREAKFAST PROGRAM!**

**FUEL UP!**

**WAKE UP!**

**LEARN MORE!**

**MORE ENERGY!**



## **BE SURE TO JOIN US FOR BREAKFAST!**

**PEOPLE WHO  
EAT BREAKFAST:  
BETTER HEALTH  
MORE ENERGY  
LONGER ATTENTION SPAN**



**PEOPLE WHO DON'T  
EAT BREAKFAST:  
SHORTENED ATTENTION SPAN  
LACK ALERTNESS  
IRRITABILITY**