School Wellness – Breakfast and Learning

Breakfast boosts brainpower. Children who eat breakfast have an easier time in school than kids who skip. Breakfast eaters:

- Have higher test scores
- Have better memory skills
- Are more creative
- Work faster
- Have lower rates of tardiness and missed school days
- Have fewer discipline problems and visits to the school nurse
- Have a lower risk of childhood overweight

Most of the Thompson R-2J schools offer breakfast, which can ease the morning rush. School breakfast is a healthy choice for morning nourishment. When feeding kids breakfast at home, try these quick and healthy breakfast ideas to prepare kids physically and mentally for their day:

- Whole grain cereal such as Total or Cheerios with milk, a glass of grape juice, and a banana
- Whole wheat toast with peanut butter, a glass of milk, and an orange
- Yogurt with granola, a glass of orange juice, and a cup of strawberries
- Cottage cheese with fruit, a glass of apple juice, and a piece of whole wheat toast
- A fruit smoothie (blend fruit, milk and yogurt) and a whole grain cereal bar
- Sliced banana with peanut butter on waffles and a glass of milk
- A tube of yogurt, a handful of nuts, and a juice box
- Cheese and whole grain crackers, a glass of cranberry juice, and an apple
- Instant oatmeal, a hard-boiled egg, and a glass of chocolate milk
- Whole wheat bagel with peanut butter and jelly and a glass of orange juice
- Breakfast burrito (tortilla, cheese, beans, and salsa) and a glass of milk

A simple breakfast gives your child the nutrients and energy he or she needs during the morning to concentrate on learning, think clearly, and be on their best behavior.

For more information, visit:

Kidnetics, http://kidnetics.com