



United States Department of Agriculture

# MAKE BREAKFAST FIRST CLASS



**Not all** children eat breakfast and those who do have improved moods and increased alertness throughout the morning.



Children and adolescents who eat a **protein-rich** breakfast report **lower hunger for up to 4 hours.**

**More children participate in school lunch than school breakfast.**

In the **National School Lunch Program**,

## 30 million

children participate across **97,000** schools and institutions



But in the **School Breakfast Program**, only

## 15 million

children participate across **91,000** schools and institutions



On average, students who participate in the **School Breakfast Program** eat a breakfast of **higher nutritional quality** than students who eat breakfast elsewhere.

More children participate in the **School Breakfast Program** if it is offered in the **classroom**. About **2 in 5 (42%)** students who never participate in the **School Breakfast Program** say they would participate if offered breakfast in the classroom.

