

Breakfast



Dear Parents:

Logan-Hocking School District will begin Universal Breakfast at all elementary schools starting January 31. Universal Breakfast is a federally funded program that provides breakfast for all students.

Children of all ages need breakfast to succeed. Although breakfast is the one meal your child cannot afford to skip, it is becoming increasingly difficult for children to find the time to eat a nutritious meal in the morning. Studies have shown that eating a nutritious breakfast has many benefits:

Breakfast improves school performance:

Children who skip breakfast are less focused, have slower memory recall and achieve lower test results.

Breakfast reduces behavioral problems:

Hungry children are more likely to be suspended from school, to be tardy or absent from school.

School breakfast improves children's diets:

Children with access to school breakfast have a better overall diet. They consume less fat, more fruits, milk and a wider variety of foods.

School breakfast can help reduce obesity: Children and adults who eat breakfast are significantly less likely to be overweight, while those who skip breakfast demonstrate higher risk of obesity.

Logan-Hocking School District's AMP UP with Breakfast Program provides a free and well-balanced breakfast to every student, each morning. These nutritious meals are carefully designed to current USDA

regulations and guidelines, and include a filling breakfast entree, a side item, low-fat milk, and 100% juice.

When you know your children are guaranteed to receive a healthy breakfast in the morning, you have one less thing to worry about. AMP UP with Breakfast will help your children start the day with the right type of nutrition that energizes them for a full day of learning.

A delicious entree, a variety of fresh fruits, skim milk and 100% juice. Each breakfast contains no more than 30% of calories from fat and no more than 10% of calories from saturated fat. All students are encouraged to take a breakfast to eat now or later for a healthy snack.

Start your child's day off right with breakfast!

Logan-Hocking Schools will offer Universal Breakfast

January 31, 2011

A recent study compared test scores of students who consumed school breakfast to the scores of those who did not. In all grade levels, students who enjoyed a school breakfast made significant gains in test scores for both reading and math.