

Studies show that students who eat breakfast have improved memory, problem-solving skills, math and language skills, and higher standardized test scores.

According to an article published by the Kellogg's Corporate Citizenship Fund, "Students who eat breakfast at school do better than students who skip breakfast AND those who have breakfast at home."

This increases attendance and decreases tardiness, as well as trips to the nurses office, which equals more instructional time.

There are lots of reasons why children don't eat at home. Students who start their day earlier or who have long bus rides often just aren't hungry until they get to school, and of course, many families struggle to afford to provide healthy options to their children.

"Schools across the country, from small districts to the largest urban ones, forfeit millions of dollars in federal child nutrition funding that could be used to support creative ways to serve more children more breakfast," says the Kellogg's article, "like breakfast in the classroom, pre-packaged 'grab-and-go' or even breakfast on the school bus!"

Eating school breakfast improves attendance, reduces classroom distractions, and helps students to improve academically.



Sussex-Wantage Regional School District

Board of Education Office
27 Bank Street
Sussex, NJ 07461
973-875-3175

CE Lawrence School
31 Ryan Road
Wantage, NJ 07461
973-875-8820

Wantage School
815 Route 23
Wantage, NJ 07461
973-875-4589

Sussex Middle School
10 Loomis Avenue
Sussex, NJ 07461
973-875-4138



Sussex-Wantage Regional School District



BENEFITS OF SCHOOL BREAKFAST:

*Improves Attendance • Increases
Revenue • Reduces Classroom
Behavior Problems • Helps Students
Improve Academically*

BREAKFAST START TIMES:

| | |
|----------|---------|
| Lawrence | 8:10 AM |
| Wantage | 8:10 AM |
| Middle | 8:25 AM |

AVAILABLE
DAILY!

Stop in the
cafeteria in the
morning and
check out
breakfast!



Cafeteria Offerings:



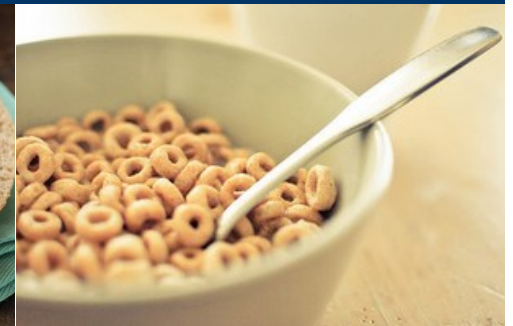
**Egg & Cheese on a
Bun**



Pancakes



Bagel with Topping



**Assorted Whole Grain
Cereals & Graham Crackers**