### Springs Valley

#### Students Who Eat Breakfast at School Have:



#### Better Focus, Attention, and Retention

Providing breakfast to students at school improves their concentration, alertness, comprehension, memory, and learning.<sup>1</sup>



# Improved Performance on Tests

Children who eat breakfast at school—closer to class and test-taking time—perform better on standardized tests than those who skip breakfast or eat breakfast at home.<sup>2</sup>



## Fewer Disciplinary Problems

Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores, as well as decreased tardiness.<sup>3</sup>

Breakfast is served daily from 7:30-8:05am in the Elementary Cafeteria 7:45-8:10am in the High School Cafeteria

**All Students Eat FREE**