

Getting More Students to Blast Off with Breakfast

“Out of This World” Campaign Encourages Methuen Public Schools Families to Choose Breakfast at School

To encourage more families to take advantage of the healthy choices available for school breakfast, Methuen Grammar schools will celebrate National School Breakfast Week during March 2-6, 2020.

Busy weekday mornings make it a challenge for many families to find time for a healthy breakfast. However, US Department of Agriculture data show that more and more students are starting their day with a nutritious breakfast in their school cafeterias. The USDA School Breakfast Program currently serves more than **14 million students** every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert
- Maintain a healthy weight

The National School Breakfast Week (NSBW) campaign theme, “Out of This World,” reminds the entire school community that school breakfast provides a healthy and energizing start to the day for students. School nutrition professionals and students will be encouraged to show their enthusiasm for school breakfast from March 2-6 as the district celebrates with special menus, cafeteria events, and more.

We invite you to enjoy breakfast with your child. What better way to start off your day?

We have dedicated a day at each grammar school to feature an “Out of This World Breakfast.” Please sign in at the main office prior to enjoying breakfast with your child in the café.

The grammar school breakfast schedule is below:

		<u>Middle School</u>	<u>Elementary School</u>
• Tuesday, March 3	Tenney	7:15 am to 7:45 am	8:15 am to 8:45 am
• Wednesday, March 4	Timony	7:15 am to 7:45 am	8:15 am to 8:45 am
• Thursday, March 5	Marsh	7:15 am to 7:45 am	8:15 am to 8:45 am
• Friday, March 6	CGS	7:15 am to 7:45 am	8:15 am to 8:45 am

Out of This World Menu:

- Space Ranger - *your choice of muffin or bagel and juice* \$1.00.
- Comet – *Egg & Cheese on and English Muffin and juice* \$1.00
- Super Nova – *Scrambled eggs, sliced ham, seasoned diced potatoes and juice* \$1.75

“A healthy breakfast at the start of the day is a great way to ensure students get the best education they can,” said Robert Frati, Director School Nutrition Services. “National School Breakfast Week helps us educate parents and students about all the healthy, great tasting, and appealing choices we offer.”

The district serves 500 breakfast meals daily through the federally funded School Breakfast Program. School nutrition professionals in Methuen prepare breakfast and lunches every day that meet federal nutrition standards – limiting fat, calories and sodium – while encouraging students to choose from the fruits, vegetables and whole grains offered with school meals.

The “Out of This World” campaign is made possible by the School Nutrition Association and Kellogg’s®.

Parents and students can follow the fun on [Facebook.com/TrayTalk](https://www.facebook.com/TrayTalk) using the hashtag #NSBW20. For more information about Methuen Public Schools meals, visit www.methuenschoolmeals.com or www.schoolnutrition.org/SchoolMeals.

About National School Breakfast Week

National School Breakfast Week was launched in 1989 to raise awareness of the availability of the School Breakfast Program, a federally assisted meal program operating in public and non-profit private schools and residential child care institutions since 1975.