



# Did you know?

Campbell County Schools' breakfast options include only whole-grain breads, cereals and other baked goods; fiber-rich fruit; and protein-packed foods--important components for kids to start their day out on the right foot.

1

Eating breakfast helps children pay **attention**, **perform** problem-solving tasks, and **improves** memory.<sup>i,ii</sup>

2

The average elementary school **BREAKFAST** at Campbell County Schools contains **8g protein** (16g protein with milk). That is **42% of the daily-recommended protein intake** for boys and girls aged 4 to 9, according to the Institute of Medicine.

3

School Breakfast provides **daily servings** of **fruit, whole grains**, and **milk**, plus roughly 1/4 the recommended calories needed for lasting energy.<sup>iii</sup>

4

The average elementary school **BREAKFAST** at Campbell County Schools contains **3.5g fiber**. That is **12-14% of the daily-recommended fiber intake** for boys and girls aged 4 to 13, according to the Institute of Medicine.

Foods rich in fiber can help lower blood cholesterol, prevent diabetes and heart disease, protect against constipation, and helps you feel full, which discourages overeating.<sup>iv</sup>

\*Check out our nutritional online and see for yourself! [www.campbellcountyschools.org](http://www.campbellcountyschools.org) > Departments > Food and Nutrition Service

i Wesnes KA, Pincock C, Richardson D, Helm G, Hails S. "Breakfast reduces declines in attention and memory over the morning in schoolchildren." *Appetite* 2003;41(3):329-31.

ii Dye L, Blundell JE. Functional foods: psychological and behavioral functions. *Br J Nutr* 2002;88 (Suppl 2):S187– 211.

iii Section 9(f)(2)(B)(ii), Richard B Russell National School Lunch Act

iv <http://kidshealth.org/en/teens/fiber>

ENTREE	PROTEIN	FIBER
Cinnamon Toast, Fresh Grapes, OJ:	6g (with milk: 14g)	3g
Bacon & Toast, Mandarin Oranges, Apple Juice:	12g (with milk: 20g)	2g
Dunkin Stick, Mandarin Oranges, Apple Juice:	3g (with milk: 11g)	2g
Biscuit & Gravy, Peaches & Orange Juice:	6g (with milk: 14g)	4g
Whole Grain Donut, Mandarin Oranges, Apple Juice:	5g (with milk: 13g)	2g
Pancakes, Fresh Apple, Grape Juice:	4g (with milk: 12g)	4g
Sausage Pancake Wrap, Fresh Apple, Grape Juice:	7g (with milk: 15g)	3g
Mini Loaf – Ban/blueberry, Fresh Apple:	3g (with milk: 11g)	3g
Mini Loaf – Wild berry, fresh apple:	6g (with milk: 14g)	3g
Scrambled eggs, toast, fresh apple, grape juice:	18g (with milk: 26g)	3g
Sausage, egg & cheese slider, banana, OJ:	16.5g (with milk: 24.5g)	4g
Chicken slider, banana, OJ:	10.5g (with milk: 18.5g)	5g
Yogurt & muffin, banana, blueberries:	7.5g (with milk: 15.5g)	6g
Cini Minis, banana, OJ:	6g (with milk: 14g)	5g
Cereal Bowl or Bar, or Pop-Tart, Milk:	10.5g	2g