

According to many studies, eating breakfast at school helps improve children's academic performance.

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.¹



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.²



Fewer Disciplinary Problems

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

What you need to know:

- Breakfast is offered at all schools throughout the district.
- The price of breakfast is \$1.75 for grades K-5 and \$1.85 for grades 6-12. Students who are approved for reduced-price breakfast will pay \$0.30.
- Students who are currently eligible for free lunches also qualify for free breakfasts.
- Breakfast in the classroom is offered at 9 schools: Clearview, Donegan, Fountain Hill, Freemansburg, James Buchanan, Lincoln, Marvine, Thomas Jefferson and William Penn.
- Students will be offered at least four food items each day and are required to take at least three food items. One of the three items must be at least ½ cup fruit.

If you have questions regarding the breakfast program, please contact the Dining Services office at 610-861-8135.

Sincerely,

Angela Cummings
General Manager

Aramark in Partnership with Bethlehem Area School District

¹ Grantham-McGregor S, Chang S, Walker S. "Evaluation of School Feeding Programs: Some Jamaican Examples." *American Journal of Clinical Nutrition* 1998; 67(4): 785S-789S. Brown JL, Beardslee WH, Prothrow-Stith D. "Impact of School Breakfast on Children's Health and Learning." Sodexo Foundation, November 2008. Morris CT, Courtney A, Eryant CA, McDermott RJ. "Grab 'N' Go Breakfast at School: Observation from a Pilot Program." *Journal of Nutrition Education and Behavior* 2010 42(3): 208-209.

² Vaisman N, Voet H, Akivis A, Vakili E. (1996) "Effects of Breakfast Timing on the Cognitive Functions of Elementary School Students." *Archives of Pediatric and Adolescent Medicine*, 150:1089-1092.

³ Murphy JM. (2007) "Breakfast and Learning: An Updated Review." *Journal of Current Nutrition and Food Science*, 3(1): 3-36. Basch, CE. (2011) "Breakfast and the Achievement Gap Among Urban Minority Youth." *Journal of School Health*, 81 (10):635-640.