

# Eat a Balanced Breakfast

## when you eat at school!

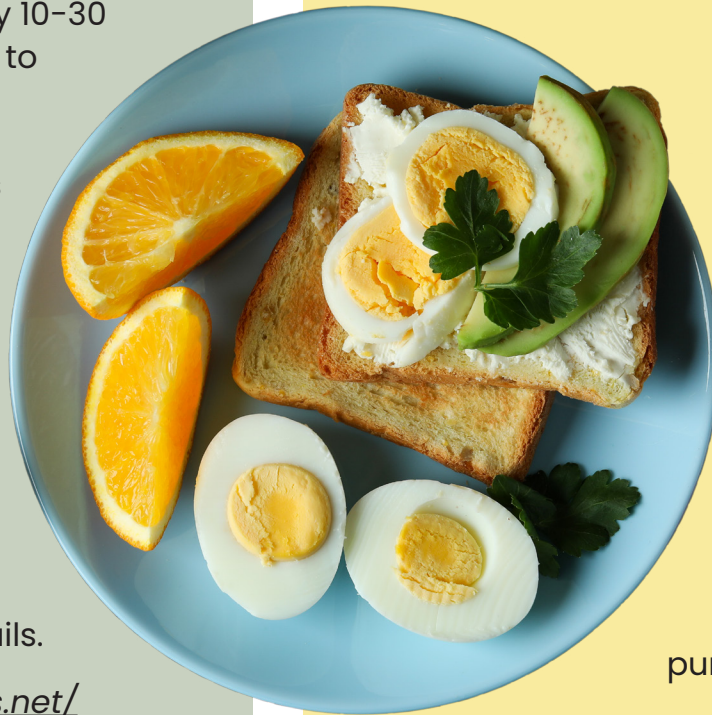
### Free School Meals

At all Rogers public schools, breakfast and lunch are free to all students for the 2021-2022 academic year.

Students should arrive approximately 10-30 minutes early to school to eat breakfast. Some schools may offer breakfast in class.

Check out your district website to learn about your child's school meal program details.

[rogersschools.net/  
domain/281](https://rogersschools.net/domain/281)



### What's in a healthy breakfast?

A balanced breakfast includes lean protein, fruits, non-starchy vegetables, healthy fats and whole grains.

#### Fats

Seed butters  
Olive Oil  
Avocado

#### Protein

Eggs  
Turkey bacon  
Greek Yogurt

#### Whole Grains

Toast  
Bagels  
Cereals

#### Vegetables

Avocado  
Tomato  
Spinach

#### Fruits

Berries  
100% fruit juice  
Smoothies

### Breakfast = brain power!

On average, students who have breakfast at school eat a breakfast of higher nutritional quality than students who eat breakfast somewhere else. Plus, they have better math scores, higher attendance rates, better punctuality, and have fewer mental health concerns.

*Adapted from University of Arkansas Nutrition and Health student work submitted as part of the Culinary Nutrition course, Fall 2021.*