



Waterford School District Offers Free Breakfast to Elementary Students First Day of School

August 4, 2004, Waterford, Mich. - The Waterford School District will offer free breakfast to all K-5 elementary students on the first day of school, Monday August 30. Students will enjoy a new item on the menu this year, Kellogg's Strawberry Fruit Square, Minute Maid 100% Juice Box, and eight ounce milk.

Hunger, even short-term hunger, decreases attention span and ability to concentrate. Children who eat breakfast are more alert and perform better on school tests than children who do not eat breakfast. They are also more creative and energetic. Without breakfast it's hard for children to eat enough throughout the day to obtain the nutrients they need to grow, learn, play, and stay healthy. Eating breakfast at school can provide a child with an important opportunity for social interaction. Children like to eat with their friends, so school is an ideal place for kids to start their day with a meal.

Breakfast, as well as lunch, is available at all grade levels and all schools within the Waterford School District.

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