

## NATIONAL SCHOOL BREAKFAST WEEK (NSBW)



Dear Parents / Guardians:

Omega Alpha Academy would like to inform you that we will be participating on the National School Breakfast Week (NSBW) it will be on March 7-11, 2022

### National School Breakfast Week (NSBW)

NSBW celebrates the importance of nutritious school breakfast and its impact in fueling students. This year's theme, "Take off with School Breakfast", reminds parents and stakeholders that a healthy school breakfast helps ensure student's academic success in school so they can "take off" and reach their goals!

School breakfast makes mornings easy by providing healthy options that fit into busy schedules.

Eating breakfast at school is a great value! Because OAA breakfasts menus are always developed to provide a healthy, balanced meal. Every meal comes with a fruit or vegetable, milk, and whole-grain rich foods for a deal that can't be beat!

Did you know: School breakfast is an opportunity for students to eat with classmates and converse without interrupting the classroom?

A great day starts with school breakfast. It has been proven that students who eat school breakfast have better test scores, fewer absences, and improved classroom behavior.

Studies show that children who eat school breakfast are more likely to:

- Reach high level achievement in reading and math
- Score higher on standardized test
- Have better concentration and memory
- Be more alert and maintain a healthy weight.

National School Breakfast Week is **March 7-11, 2022**. How does the school breakfast program serve your family? NSBW

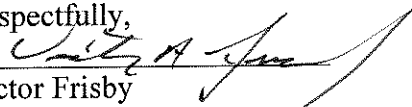
If you can't beat 'em, join 'em! The school breakfast program serves over 14 million children every school day. Is your child one of them?

What's for breakfast? Head over to <https://www.oaa-k12.org/school-lunch-program> and check out our school breakfast program menus. With so many delicious and nutritious options, there's sure to be something your child will enjoy!

This week students are trying a new school breakfast menu item - **HOMEMADE BLUE BERRY SAUCE - HOMEMADE STRAWBERRY SAUCE – CITRUS FRUIT- MIX FRESH VEGETABLES**. Be sure to ask your child what they think!

It's true what they say – breakfast IS the most important meal of the day. The School Breakfast Program provides a complete, nutritious meal for students every day.

Respectfully,

  
Victor Frisby  
Food Director  
Omega Alpha Academy