

## **Choose a Healthy Breakfast**

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Breakfast is the most important meal of the day. Many people do not eat a good breakfast in the morning. That is why I like East Elementary School's breakfast program.

One reason I like the school's breakfast program is because it is very important to have a healthy breakfast. Studies have proven that children can't learn as much if they don't start their day out with a healthy breakfast. If you don't have a good breakfast in the morning, you won't be able to perform your best at school or work.

Another reason why I like the school's breakfast program is because if students are running late, and don't want to miss the bus, they can always eat breakfast at school. Plus, breakfast at school is healthier than grabbing a sugary snack on your way to school.

The last reason that I like the breakfast program is because the breakfast at school is only one dollar. Some moms/dads who can't afford to buy lunch for the week may also not be able to afford a healthy breakfast food. With this program, if you qualify for a free lunch, you also get a free breakfast in the morning.

Breakfast is my favorite meal of the day and also the most important meal. Choose breakfast at school instead of no breakfast at all!