Eating breakfast every morning helps students start the day on the right foot. Breakfast is available in most of our Cafes and at our Middle and High Schools, you will also find carts in designated spots.

To begin empowering your students and to improve their concentration, behavior and overall academic performance, contact Anthony Manfredonia at Chartwells Dining Service at 978.363.5557 with any questions.

Children learn when nutrition is the mission!
The results are in; educators and those who support them know that hungry students can’t and don’t learn. According to a recent study there is “a beneficial effect of breakfast consumption on academic and achievement test scores, grades, school attendance, and tardiness rates.

Give your student a chance to enjoy a hot, nutritious breakfast right at school. Evidence suggests that breakfast consumption may improve cognitive function related to memory, test grades, and school attendance.


<table>
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<tr>
<th>Why Breakfast at School</th>
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<td>Makes mornings at home less stressful</td>
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<td>Students who eat breakfast everyday tend to have higher test scores, better grades and have an increased attention span throughout the morning hours.</td>
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<td>In a study conducted by the American Dietetic Association, it has been shown that breakfast consumption can impact cognitive performance by alleviating hunger, which has been associated with emotional, behavioral, and academic problems in children and adolescents.</td>
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<td>School attendance rates were improved in a test of children randomized to receive a school breakfast or no school breakfast for a period of 3 months. The results consistently show a beneficial effect of breakfast consumption on academic and achievement test scores, grades, school attendance and tardiness rates.</td>
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ITEMS AVAILABLE INCLUDE

Fresh Baked Whole Grain Homemade Muffins
Assorted Hot Breakfast Sandwiches
Yogurt and Granola Parfaits
Whole Grain Cereal
Cereal Bars
Fresh Fruit
Assorted Juices
Fat Free, Low Fat and Skim Milk

At Chartwells K12, nourishing students is not only our business; it is our commitment to the communities in which we serve. We want to make sure Students achieve their full potential.