Hello Parents!

We are thrilled to announce that Milk Means More is bringing Breakfast and a Book to your child’s school! This is a great way to encourage your child to read daily while eating a healthy breakfast. The students will be tracking their daily reading, on the provided tracking sheets by counting how many [books, pages, minutes, hours, etc.] they read by [end date].

The top classroom will win a Breakfast Party with [mascot or special guest] to celebrate!

Eating breakfast has been linked to higher test scores, increased attendance at school, better behavior, and increased learning in students of all ages. The breakfasts served at your school provide a rich balance of foods and nutrients that promote a healthy body and a mind prepared to focus and learn!

For more information on eating a healthy breakfast and to tune into the LIVE virtual Breakfast and a Book events yourself, please visit www.milkmeansmore.org/breakfast-and-a-book/!