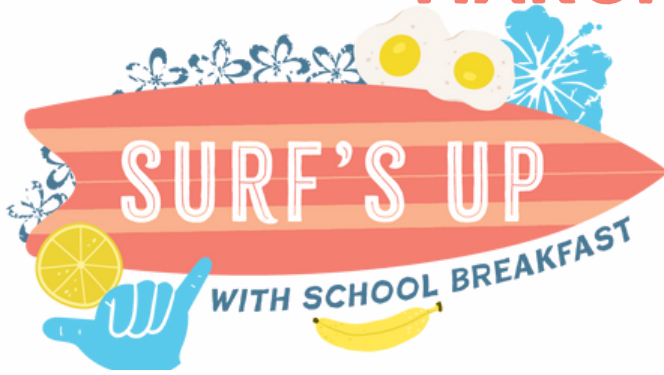


NATIONAL SCHOOL BREAKFAST WEEK

MARCH 4-8, 2024



DID YOU KNOW, CHILDREN WHO EAT BREAKFAST ARE MORE LIKELY TO HAVE BETTER ATTENDANCE AND LESS BEHAVIORAL ISSUES?

THE SCHOOL BREAKFAST PROGRAM:

- **REQUIRES EVERYONE TO HAVE 1 SERVING OF FRUIT OR JUICE**
- **GRAIN OPTIONS ARE FORMULATED TO INCLUDE WHOLE GRAINS SPECIFICALLY FOR SCHOOL NUTRITION PROGRAMS**
- **FAT-FREE & LOW-FAT MILK OFFERED WITH EVERY MEAL**

OUR CEREALS ARE SPECIALLY FORMULATED TO HAVE MORE FIBER & WHOLE GRAINS AS WELL AS 25% LESS SUGAR THAN THEY WOULD AT THE GROCERY STORE!

SCHOOL-FORMULATED CINNAMON TOAST CRUNCH

Nutrition Facts

Serving Size	1 Bowl (28g)	
		As Packaged
Calories		110
		% DV
Total Fat	2.5g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrate	22g	8%
Dietary Fiber	4g	13%
Total Sugars	6g	
Incl. Added Sugars	6g	11%
Protein	2g	

GROCERY STORE CINNAMON TOAST CRUNCH

Nutrition Facts

Serving Size	1 Bowl (28g)	
		As Packaged
Calories		110
		% DV
Total Fat	2.5g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrate	22g	8%
Dietary Fiber	2g	8%
Total Sugars	8g	
Incl. Added Sugars	8g	16%
Protein	2g	

QUESTIONS?

EMAIL: LUNCH@CPSK12.ORG
PHONE: 573-214-3480



Columbia
PUBLIC SCHOOLS

**CPS IS AN EQUAL
OPPORTUNITY EMPLOYER &
PROVIDER.**