**WAKE UP TO GOOD HEALTH**

**Milton Area School District Elementary Schools**

At any age, making simple changes in one’s daily routine can positively affect overall health. Starting the day with a nutritious breakfast benefits everyone, particularly children. A balanced breakfast suppresses hunger and helps to control body weight. In fact, studies show that breakfast skippers are more likely to snack on high-calorie foods later in the day when compared with people who eat breakfast. What is more important, eating breakfast positively contributes to overall nutrient intake, improves concentration and endurance in the late morning and may help children have a better attitude toward school.

Students at all Milton Elementary Schools are served a free breakfast in the classroom. Breakfast in the classroom helps improve classroom performance, reduce tardiness and absenteeism and students have fewer visits to the nurse or principal…..a great way to start your day!!!!!

JF Baugher Elementary 7:35-7:55

White Deer Elementary 7:35-7:55 Montandon Elementary 7:35-7:55

Milton High School 7:30-7:56

\*\*TRADITIONAL AND GRAB AND GO

Milton Middle School 7:30-8:00

\*\*TRADITIONAL AND GRAB AND GO