**WAKE UP TO GOOD HEALTH**

**Milton Middle and High School**

 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.

 **MILTON SCHOOLS SERVES BREAKFAST**

 **IN ALL BUILDINGS PRIOR TO THE START**

 **OF THE SCHOOL DAY----It’s worth a trip!!**

**ALL ELEMENTARY STUDENTS EAT**

**BREAKFAST FOR FREE IN THE CLASSROOM**

Milton High School 7:30-7:56

\*\*TRADITIONAL AND GRAB AND GO

 Milton Middle School 7:30-8:00

 \*\*TRADITIONAL AND GRAB AND GO

 JF Baugher Elementary 7:35-7:55

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