

Kids who eat school meals have higher intakes of **calcium, fiber, potassium, vitamin A, vitamin B12 and vitamin D** compared to kids who don't eat school meals.

School meal eaters get **more whole grains, fruits, vegetables and dairy** in their diets, all important parts of a healthy dietary pattern.

School meal participation is especially **important for kids from low-income households**. School meal eaters from low-income households get **more calcium, potassium, vitamin D, fiber, and whole grains** compared to non-school meal eaters.

SCHOOL MEALS

School meal participation improves children's diet quality and nutrient intake.

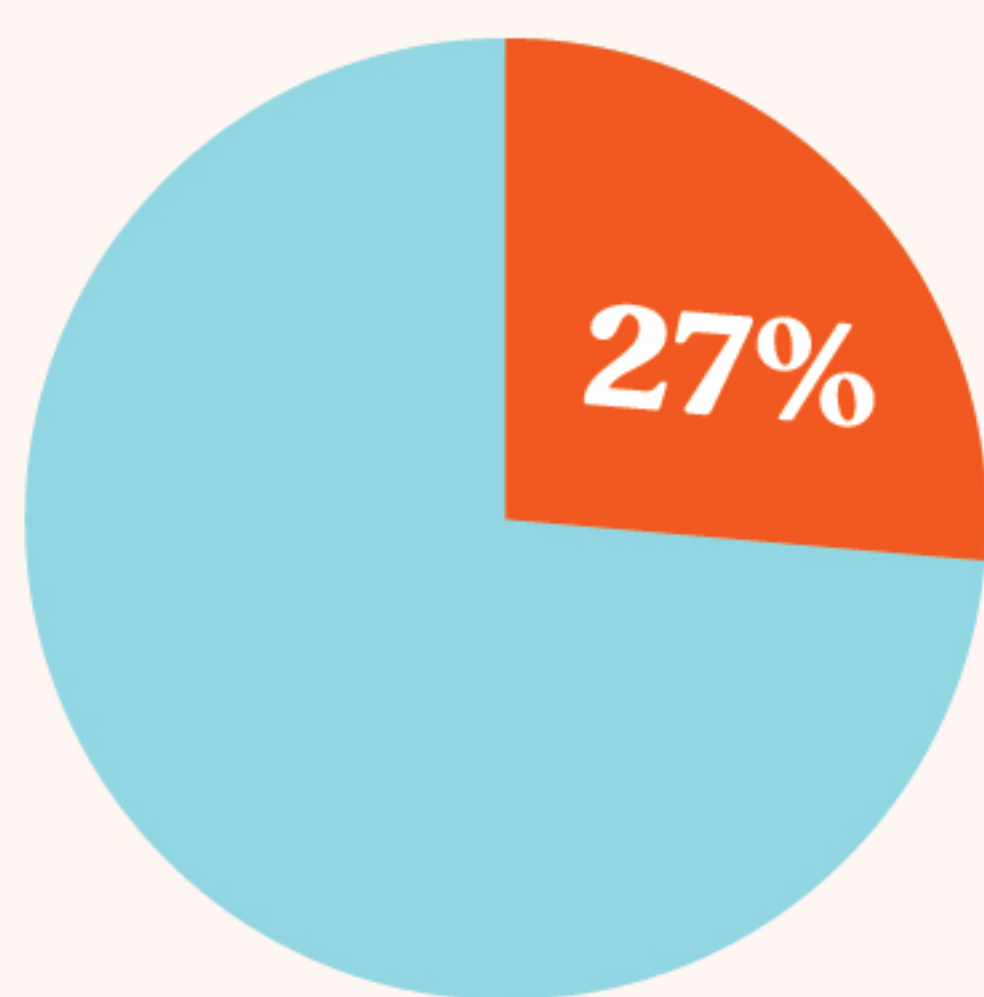
Sources:

1. NHANES 2017 – March 2020
2. USDA FNS. Nutrition and Meal Cost Study, Final Report Volume 4: Student Participation, Satisfaction, Plate Waste, and Dietary Intakes. <https://fns-prod.azureedge.net/sites/default/files/resource-files/SNMCS-Volume4.pdf>.
3. Liu J, Micha R, Li Y, Mozaffarian D. Trends in Food Sources and Diet Quality Among US Children and Adults, 2003-2018. JAMA Netw Open. 2021 Apr 1;4(4):e215262.

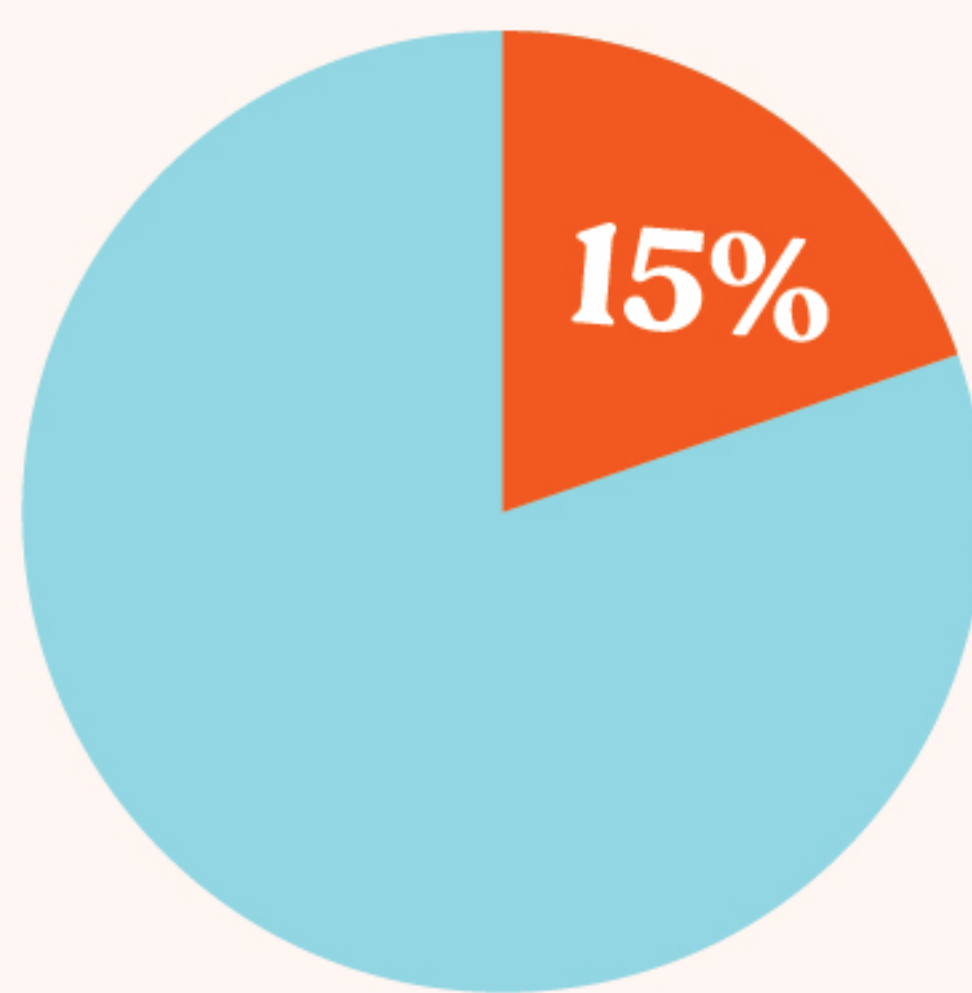
Kids who eat cereal with milk at school benefit nutritionally

Ready-to-eat cereal consumed at school makes a significant contribution to the nutritional value of school breakfast, helping children meet daily nutrient and food group recommendations.

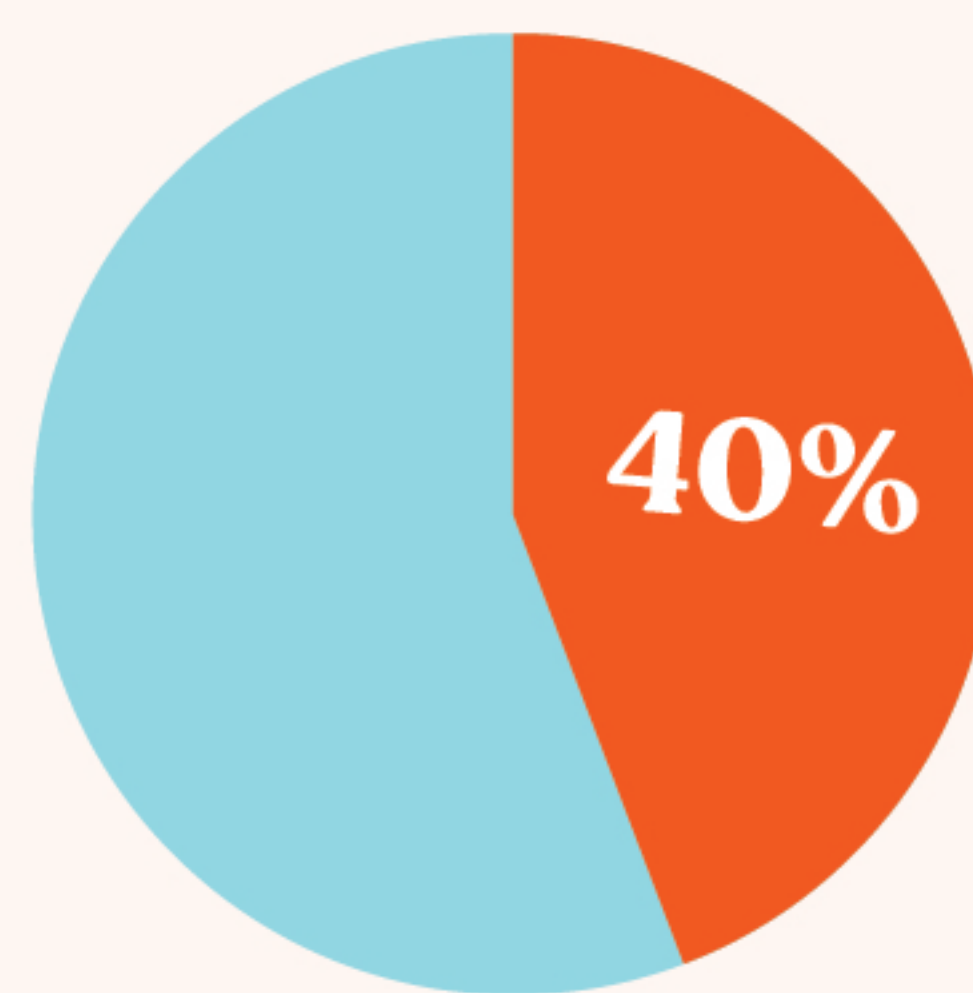
In kids who eat cereal with milk at school, this combination delivers:



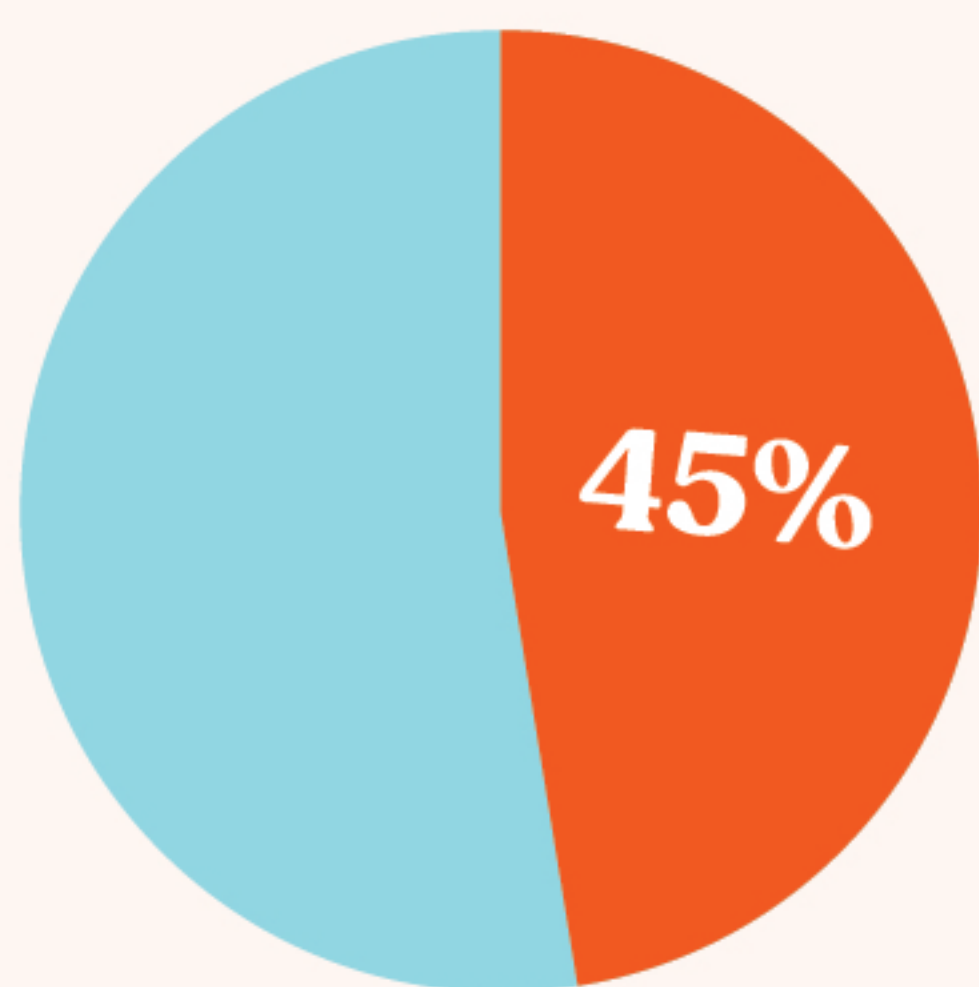
daily **CALCIUM** intake



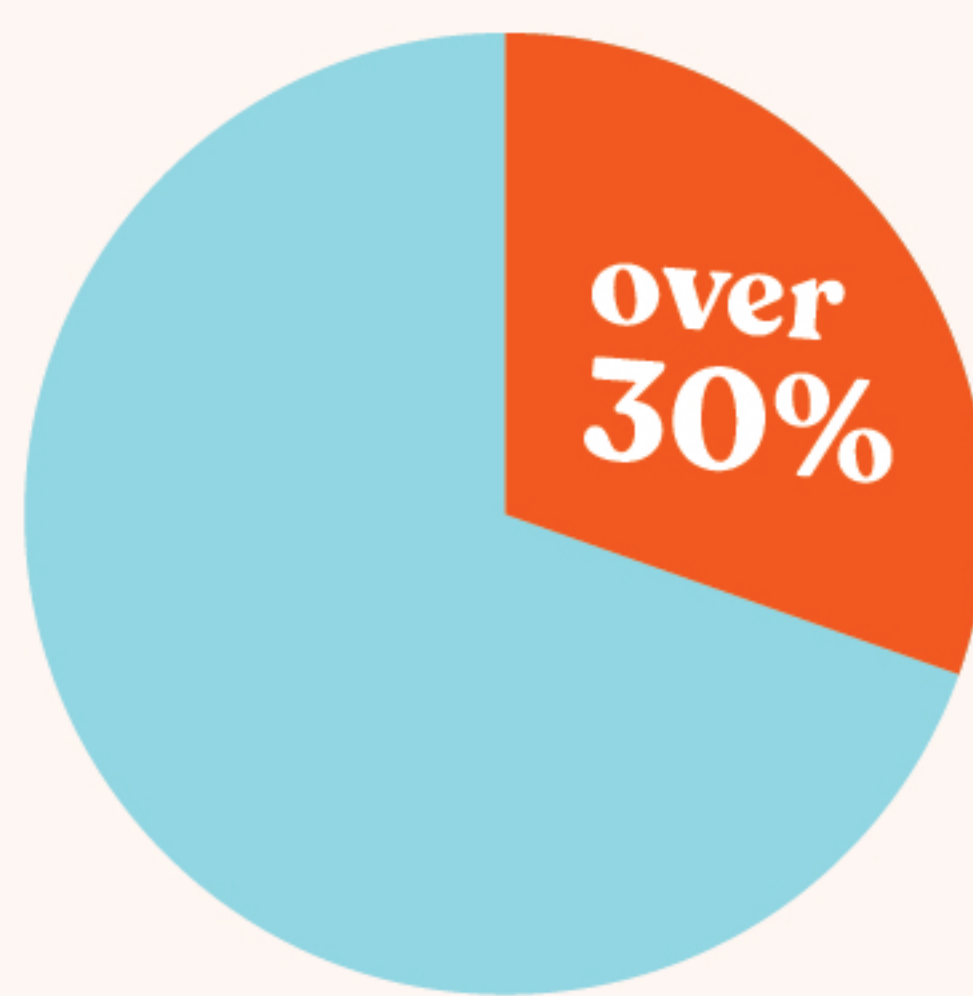
daily **FIBER** intake



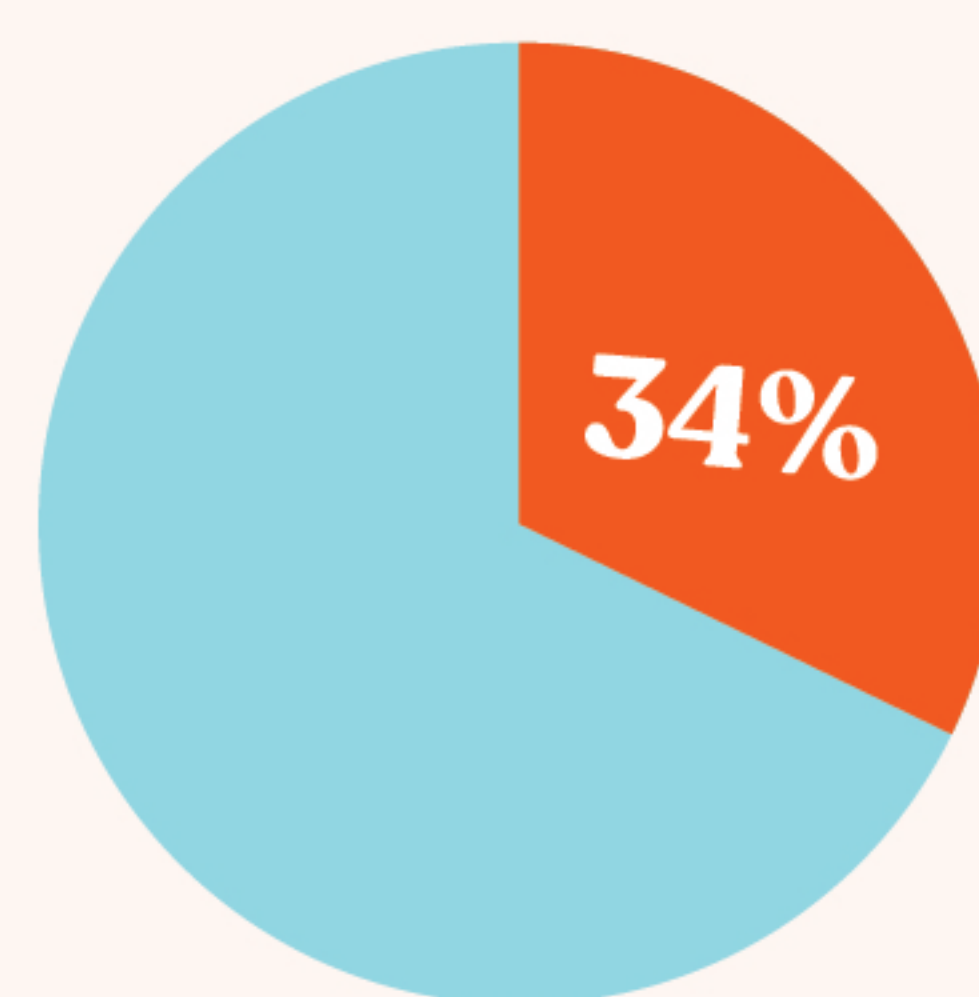
daily **IRON** intake



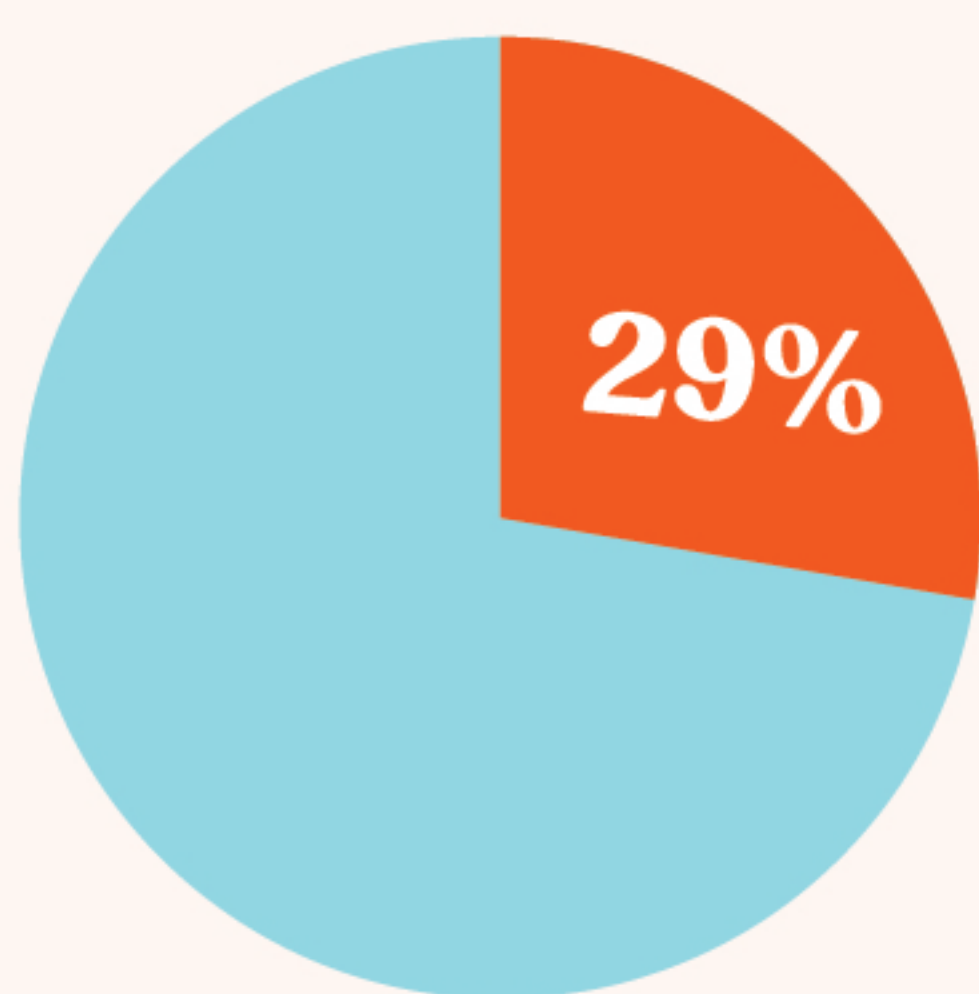
daily **VITAMIN D** intake



daily intake of **SEVERAL B-VITAMINS**



daily **WHOLE GRAIN** intake



daily **DAIRY** intake



Ready-to-eat cereal is the **#1 source of whole grains** in school breakfast, providing nearly half of the whole grains consumed.

Less than 2% of Americans meet whole grain recommendations.

Ready-to-eat cereal **can help move kids closer** to meeting the recommendations.