Pendergast District Celebrates National School Breakfast Week
National School Breakfast Week Campaign Encourages Students to Try School Breakfast

March 4, 2022 - (Phoenix, Arizona) – To encourage more families to take advantage of the healthy choices available with school breakfast, Pendergast Elementary School District (PESD) will celebrate National School Breakfast Week (NSBW) during March 7-11, 2022.

Busy weekday mornings make it a challenge for many families to find time for a healthy breakfast. Fortunately, Pendergast schools offer nutritious school breakfasts, complete with fruit and low-fat or fat-free milk, to ensure students are fueled for learning every school day. PESD offers breakfast on the go at all twelve school sites. Students have the option of eating in a designated picnic area at their school sites or inside their classroom. On average, PESD serves about 4,500 breakfasts per day.

The NSBW campaign theme, “Take Off with School Breakfast,” reminds the entire school community that school breakfast provides a healthy and energizing start to the day for students. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert
- Maintain a healthy weight

PESD students and staff will be encouraged to show their enthusiasm for school breakfast from March 7-11 as the district celebrates NSBW with special menus, activities, and more. This year, we kicked off our celebrations early and served delicious green eggs and ham, pancakes, and fun toppings, in honor of Dr. Seuss’s birthday. We have many more exciting activities taking place, which will be highlighted on social media and on our district’s website.

“A healthy breakfast at the start of the day is a great way to ensure students are nourished and ready to learn,” said Jamie
Triolo, Director of Food Services. “National School Breakfast Week helps us educate parents and students about all the nutritious and delicious choices we offer.”

Throughout the month of March and all throughout NSBW, we will highlight/promote different fruits, such as Kiwi’s, kumquats, persimmons, and strawberries to encourage students and families to try new foods and enjoy a healthier breakfast experience. We will also make sure to keep staple favorites like mini French toast, muffins, and yogurt parfaits.

The “Take Off with School Breakfast” campaign is made possible by the School Nutrition Association and Kellogg’s®.

Parents and students can follow the fun on Facebook.com/TrayTalk using the hashtag #NSBW22.

For more information about PESD meals, visit http://www.pesd92.org/foodservices.html

About National School Breakfast Week

National School Breakfast Week was launched in 1989 to raise awareness of the availability of the School Breakfast Program, a federally assisted meal program operating in public and non-profit private schools and residential child care institutions since 1975.