



School Breakfast Week 2024

THEME DAYS

Please join the Texas Department of Agriculture in celebrating National School Breakfast Week, March 4-8. Encourage your students to participate in this year's "Surf's Up with School Breakfast" theme days all week long. Students can get stoked about school breakfast with the fun activities below. Share the themed school breakfast activities in your school morning announcements and/or school menu to help generate student excitement for National School Breakfast Week 2024!

1. Say Aloha to School Breakfast

Show your school breakfast spirit! Wear your favorite tropical/beach-themed attire (floral shirts, board shorts, grass skirts, leis, tropical flowers, beach hats, flip flops, sandals, goggles/snorkel, sunglasses, etc.) to celebrate School Breakfast Week; tag any shared pictures #TXSBW #NSBW24

2. Rise and Shine

From sunrise to sunset, your body needs adequate nutrition to be at your best. Start the day with a healthy school breakfast to get the nutrients needed to fuel your body and make sure you are "sunny-side up" at school! Wear yellow today to show you are fueled by school breakfast!

3. Don't Wipe Out: Focus on Fruit

Fresh fruits are an important part of a healthy school breakfast. Schools offer a variety of fruits and/or vegetables every day to provide essential nutrients like Vitamin C that help keep your immune system strong. How many tropical fruits (pineapple, coconut, mango, bananas, etc.) can you try during school breakfast week?!

4. Ride the Wave to your Health

Schools serve milk as part of a healthy school breakfast daily; milk provides a wave of nutrients like calcium, vitamin D, and potassium that helps build strong bones and gives you the nutrients needed for an epic school day. Wear blue today to show how school breakfast helps you ride the wave of health!

5. Surf's Up with School Breakfast

Whole grains are the foundation of a healthy school breakfast. Schools serve grains like oatmeal and whole-grain rich cereals and toast every morning to give you energy and help your heart stay strong. Surfing takes a lot of energy and stamina; surfers need to eat whole grains to catch the big waves! Dress up like a surfer and use surfer phrases (aloha, mahalo, epic, amped, stoked, hang ten, gnarly, etc.). Pretend you are riding a wave in the serving line ... all the way to get school breakfast!

6. Mahalo Times a Million

The school nutrition staff works extremely hard every day to serve you delicious and nutritious school breakfasts. Show your appreciation by saying "mahalo" (i.e., thank you) and/or give a Shaka sign (i.e. thank you, right on, take it easy) throughout the day!



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Food and Nutrition Division
School Breakfast Program

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www.SquareMeals.org