

Press Release

[Solana Beach School District](#)

FOR IMMEDIATE RELEASE

June 05, 2023



Contact: Jodee Brentlinger, Superintendent
(858) 794 - 7104

Solana Beach School District Students “Dig In” to Nutritious Options at Schools *National School Breakfast Week Campaign Focuses on Benefits of School Breakfast*

Dig into this – Healthy choices students receive at Solana Beach School District (SBSD) schools as each meal is thoughtfully curated by the Child Nutrition Services (CNS) team.

SBSD schools celebrated National Nutrition Month, and The National School Breakfast Week (NSBW) March 6-10, 2023, with stimulating food options that geared students up for success. The NSBW campaign theme, “DIG IN to School Breakfast,” reminded the entire SBSD school community that healthy breakfast options are readily available to provide an energizing start to the day for all students.

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 childcare institutions since 1975.

Busy weekday mornings make it a challenge for many families to find time for a healthy breakfast. Studies show that students who eat 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

Fortunately, SBSD schools offer nutritious school breakfasts, complete with fruit and low-fat or fat-free milk, to ensure students are fueled for learning each school day. Amid ongoing efforts to provide our students with vibrant, nutrient-rich food options, SBSD’s CNS team has made great strides in providing meals cooked from our scratch kitchens, by partnering with local vendors to ensure fresh, vibrant produce, and workshopping new recipes promotes excitement around eating healthy. A popular recipe is the turkey, egg, and roasted potato breakfast burrito accompanied by homemade guacamole and ranchero beans! Together, we’ve served over 300,000 meals, that includes breakfast and lunches! Thank you to our CNS team and school site personnel for providing fresh and new options for our students.



Follow the fun on our [social media accounts](#) #NSBW23.

For more information about SBSD's nutrition efforts, please visit the [SBSD CNS Webpage](#).

ABOUT THE SOLANA BEACH SCHOOL DISTRICT

The Solana Beach School District, nestled on the north coast of San Diego County, serves approximately 2,800 students. Instruction is rich, varied and innovative. Our emphasis is on core standards instruction provided through a continuous progressive curriculum. District schools consistently rank at or near the top in district, county and state accountability measures. Our students and schools have received numerous awards and have been recognized at county, state and national levels for a variety of accomplishments. Working together, our mission focuses on providing a safe space where learners find their voice, share their gifts, and advance the world. Unified is our district, centered on inspiring wonder and discovery in learning and life.