



# **Breakfast at Invergordon Academy**

**7.45am  
–  
8.45am**

**Breakfast sets you up  
for the day.**

**Many people skip  
breakfast but did you  
know...**

**Breakfast should pro-  
vide you with 25% of  
your daily intake of  
energy and nutrition.**

**Breakfast can help  
improve your perform-  
ance during the day.**

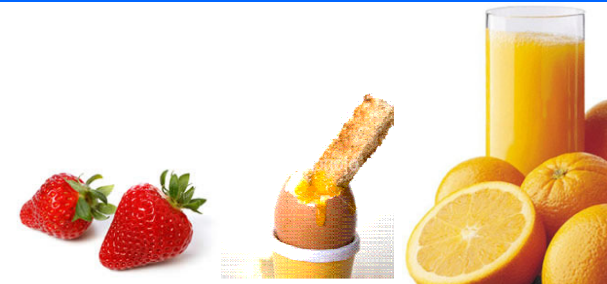
**Missing breakfast can  
result in poorer  
physical and mental  
performance in the late  
morning hours.**

**Eating a high  
carbohydrate breakfast  
improves your mood.**

**Breakfast eaters are less  
stressed than Breakfast  
skippers.**

**Regular breakfast eating  
makes a positive contri-  
bution to work and  
school performances.**

**Skipping breakfast  
means missing out on  
recommended daily  
amounts of vitamins and  
minerals.**



<b>Cereal</b>	<b>30p</b>	<b>Toast</b>	<b>10p</b>	<b>Tea</b>	<b>10p</b>
<b>Fresh Fruit</b>	<b>10p</b>	(per slice including topping) Toppings: jam, marg, chocolate spread, cheese slice, cheese spread, honey, marmalade		<b>Coffee</b>	<b>10p</b>
Large selection: apple, banana, grapes, pineapple, melon, plum, pear, kiwi, clementine .....		<b>Croissants</b>	<b>20p</b>	<b>Hot Chocolate</b>	<b>10p</b>
<b>Yoghurt</b>	<b>10p</b>	<b>Brioche</b>	<b>30p</b>	<b>Fruit Juice</b>	<b>10p</b>
		<b>Pancakes</b>	<b>20p</b>	<b>Freshly Squeezed Juice</b>	<b>30p</b>
		<b>Bagels</b>	<b>20p</b>		
		<b>Butteries</b>	<b>20p</b>		
		<b>Bacon Roll</b> (only Friday)	<b>30p</b>		

Invergordon Academy thanks Harry Gow, the P & J for supporting Breakfast Club.



**The Press and Journal**