**HISD Nutrition Services celebrates National School Breakfast Week**

**What:** HISD Nutrition Services will celebrate National School Breakfast Week with two special visitors, Houston Texans mascot Toro and NASA astronaut Mike Fincke, both of whom will talk to students about the importance of having a balanced breakfast every day. Fincke spent 382 cumulative days in space, the second-longest record for most time in space by an American astronaut. The theme of the weeklong celebration is *Blasting off with Breakfast*.

                                National School Breakfast Week — which runs from Monday, March 7 through Friday, March 11 — highlights the benefits provided by school breakfast programs and their impact on the health, nutrition, and academic performance of students. Studies indicate students who eat a healthy breakfast every morning perform better in the classroom and experience more academic success.

                                On Tuesday, Toro will take charge of the breakfast lines at Montgomery Elementary School, and promote the advantages of a healthy breakfast. On Thursday, Astronaut Fincke will spend the morning encouraging students at Grissom Elementary School to eat breakfast every day.

Nutrition Services serves more than 119,000 breakfast meals every morning to students. Breakfast is free for all students at all HISD schools every school day.

**Who:** The principals and students of both participating schools, Houston Texans mascot **Toro (Tuesday),** NASA astronaut **Mike Fincke (Thursday), and** Nutrition Services dietitians **Jennifer Lengyel** and **Nan Cramer**

**When/Where:  Tuesday, Mar. 8, 2016, 7:30 a.m. to 8:30 a.m.**

                                Montgomery Elementary School, 4000 Simsbrook Dr., 77045

**Thursday, Mar. 10, 2016, 8:30 a.m. to 12 p.m.**

                                Grissom Elementary School, 4900 Simsbrook Dr., 77045