

McDonald's providing free breakfast to kick off school year

Written by Staff Reports
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Participating McDonald's restaurants across New Mexico will be providing free breakfast to K – 8th graders and teachers with their school I.D. the morning of Sept. 4 with a choice of the Egg McMuffin, Apple Slices and 1 percent White Milk, Minute Maid Orange Juice or Honest Kids Apple Juice Drink. Studies show there is a strong link between a wholesome breakfast and better performance in school!

McDonald's of New Mexico is proud to partner with Dairy MAX – the nonprofit dairy council that represents dairy farm families in New Mexico – and the Dairy Producers of New Mexico for this free breakfast event, highlighting the importance of including wholesome milk in students' diets.

McDonald's 1 percent low fat white milk is an excellent source of protein, calcium, phosphorus, riboflavin, and vitamin B12 and pantothenic acid providing a total of 9 essential nutrients kids need for growth and development. Milk is also the number one food source for vitamin D, calcium and potassium.

McDonald's local owners, who are community members and parents themselves, know the importance of starting the day with a wholesome breakfast, which many children do not have before they start their school day. Studies have shown that a wholesome breakfast affects students' concentration and school performance in a positive way.