

Published on *FCA Resources* (<https://fcaresources.com>)

[Home](#) > Back to School - Kids & Breakfast

---

## **Back to School - Kids & Breakfast**

What should your kids be eating for optimal performance at school?



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:**<https://fcaresources.com/podcast/2009/08/26/back-school-kids-breakfast>