

DAILY SPECIALS - BREAKFAST

BREAKFAST OF CHAMPS

Whole grain cereal & low-fat milk topped with sliced bananas

PROTEIN POWER

Turkey and low-fat swiss cheese on whole wheat sandwich bread

OATS & MORE

Microwavable oatmeal with chopped apples and walnuts made with low-fat milk

ROLL IT UP

Whole wheat tortilla wrapped around low-fat string cheese with a side of grapes

PB & B

Whole wheat toast with peanut butter and sliced bananas served with low-fat milk

BAGEL BREAKFAST

Toasted whole grain bagel half layered with apple slices & reduced fat cheddar cheese

BREAKFAST PARFAIT

Low-fat vanilla yogurt swirled with crunchy high-fiber cereal and blueberries

MIX IT UP

Whole grain cereals, raisins, sunflower seeds, and pretzels mixed to perfection

MORNING GRAHAMS

Graham crackers dipped in low-fat yogurt with apple juice to drink

CHEESEY TOAST

Low-fat cheese melted on whole-grain toast with 100% grape juice to drink

CINNA-TOAST

Whole grain cinnamon-raisin toast topped with low-fat yogurt

TORTILLA

Whole grain tortilla filled with scrambled eggs or beans, topped with cheese & salsa

EGGS-ELLENT

Whole wheat pita pocket filled with scrambled eggs and topped with grated cheese

SUNRISE SMOOTHIE

Frozen mixed berries, low-fat vanilla yogurt, and orange juice blended together

Drive-thru breakfast? Choose wisely!

When eating out for breakfast, look for healthy choices on the menu, such as...

Chick-Fil-A: chicken, egg, & cheese bagel (request grilled chicken); fruit cup, carrot & raisin salad, low-fat milk, orange/apple juice, water

McDonalds: scrambled eggs, English McMuffin, Egg McMuffin (no butter), fruit & yogurt parfait, apple dippers, low-fat milk, orange/apple juice, water

BoJangles: grilled chicken filet on a bun (no mayo), buffalo bites, low-fat chocolate milk, orange juice, or water

Burger King: ham omelet sandwich, apple fries, low-fat milk, orange/apple juice, water

Rise and Dine! Start your day off right!

Eating a healthy breakfast...every day...does your body good!

- * Choose foods from 2 or 3 food groups to give your body the “fuel” it needs to get through the day.
- * If you run short on time in the morning, plan ahead!! Make your own “grab-and-go” breakfast the night before and eat it on the way to school.
- * Not hungry in the morning? Start with something small such as fruit, string cheese, or a piece of toast.
- * See below for some healthy ideas that can also make great “grab-and-go” breakfasts!

GRAIN GROUP

Whole wheat bagel, bread
Whole wheat pita
Whole grain cereal
English muffin
Oatmeal, Grits
Whole grain crackers
Whole wheat tortilla
Whole grain granola bar-
(look for 2g or more fiber
and 12g or less sugar)

FRUIT GROUP

Fresh - banana, apple, grape,
plum, clementine, mango,
strawberry, blueberry,
melon, pineapple, orange
Dried - raisins, dried plum,
dried cranberry
Canned - in light syrup or
in its own juice
100 % fruit juice

Got breakfast? Breakfast really *is* the most important meal of the day!! Eating a healthy breakfast helps us **achieve and maintain a healthy weight**. People who eat breakfast take in **more nutrients and fewer calories** over the course of a day. Breakfast can also help **improve heart health and blood pressure**.

Hey kids, don't forget about...

School Breakfast!



Studies show that kids who eat breakfast **do better in school** than kids who don't. Breakfast eaters tend to have:

- * Better Math & Reading scores
- * Better classroom behavior
- * Better school attendance
- * Improved memory, alertness and concentration
- * Less stomachaches/headaches

MILK GROUP

Fat-free (skim) milk
Low-fat (1%) milk
Low-fat flavored milk
Low-fat yogurt
Low-fat sliced cheese
Low-fat string cheese
Low-fat grated cheese
Low-fat cottage cheese
Pudding made with
low-fat milk

PROTEIN GROUP

Lean deli meat
Walnuts, peanuts
Almonds, cashews
Sunflower seeds
Tuna
Peanut butter
Hard boiled or
scrambled egg
Beans
Turkey bacon/sausage



Parents, encourage your children to eat breakfast every day, whether at home or at school. Be a good breakfast-eating role model...your kids are more likely to eat breakfast if you do, too. Studies suggest that adults who skip breakfast are at *greater* risk for obesity, while those who eat breakfast have healthier weights. Kids and teens who eat breakfast are also less likely to be overweight.