The Most Important Meal of the Day,
BREAKFAST

Did You Know?

When children eat breakfast before class each morning they tend to do better in school.
✓ They pay more attention and behave better
✓ Are at lower risk of becoming overweight
✓ Do better on school tests

Start With a Healthy Breakfast!

✓ Read the school breakfast menu with your child
✓ Be a role model, eat breakfast with your child often
✓ Encourage your child to eat breakfast either at school or at home
✓ Try to eat from at least 2 different food groups each day
✓ Healthy Breakfast Ideas:

- Bagel with cream cheese
- Tortilla with cheese
- Rice porridge
- Left-overs from last night
- 100% fruit juice
- Toast with peanut butter
- Waffle with fruit
- Cereal with low-fat milk
- Noodles with vegetables
- Hard boiled egg
- Yogurt with fruit
- Fruit