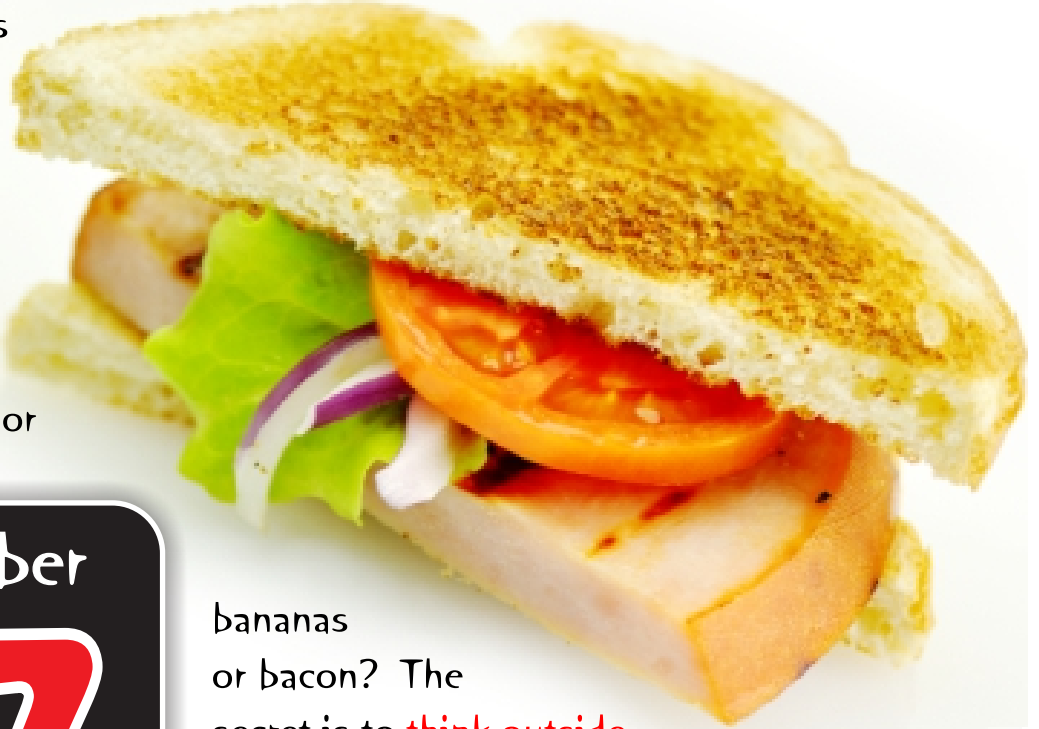


OFF THE GRIDDLE.

Eating a healthy breakfast is SO important, we shouldn't let traditional thinking stop us from eating a morning meal. **Who says breakfast has to be something like cereal or a bagel?** What if you don't like eggs or juice or



the big number

47

A survey of 10,000 Americans found that fewer than half – just 47 percent – report eating breakfast every day.

bananas or bacon? The secret is to **think outside the (cereal) box!** Have a piece of ham with fresh veggies on 100% wheat bread. Or take advantage of last night's leftovers – grilled chicken, broccoli, pizza, whatever might be at hand. What about soup or salad . . . or soup and salad?! Tuna? Rice and beans? Pork loin? **Doesn't matter what you eat, it's still breakfast, we promise!** And what DOES matter is that you get your day – every day – off to the right start!

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"OFF THE GRIDDLE"

EAT BETTER

Try lots of different fruits, veggies, whole grains, and protein options for a healthy diet. You're bound to find a few you really like!

AVOCADO

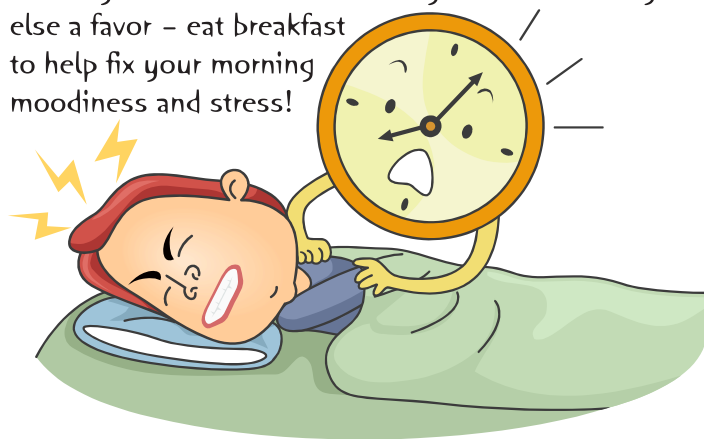
Avocado is technically a fruit but usually considered a vegetable. And it's one of the most versatile and delicious veggies you can add to your breakfast.

Eat it by itself with a little salt, cubed and mixed with scrambled eggs and cheese, or sliced thin on a sandwich.

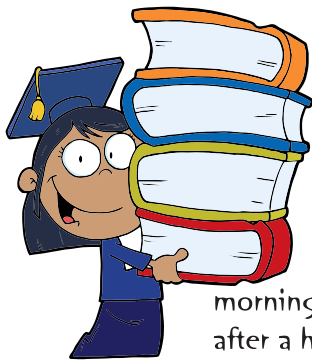


LIVE HEALTHIER

Lots of us are cranky in the morning. You might want to stay in bed for another hour, and maybe you were up late working the night before. But there's another cause of A.M. grouchiness – YOU'RE STARVING! You haven't eaten for 8 or 10 or 12 hours, and that just makes your mood worse. So do yourself and everyone else a favor – eat breakfast to help fix your morning moodiness and stress!



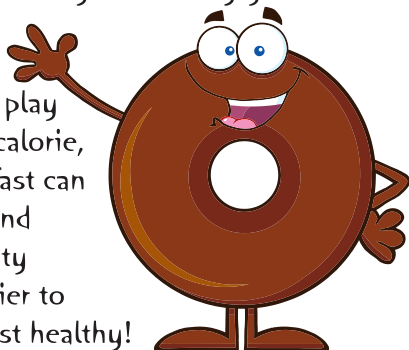
LEARN EASIER



Kids who eat a good breakfast do better in school. Period. They make fewer mistakes on math problems and score higher on vocab tests, too. In fact, no matter what kids are learning in their morning classes, they perform better after a healthy complete breakfast.

PLAY HARDER

Is that a triple chocolate doughnut calling your name for a quickie morning meal on the run? If you want to be able to play harder, resist! A high-calorie, high-fat, sugary breakfast can contribute to obesity and actually lead to inactivity rather than make it easier to exercise. Keep breakfast healthy!



First things First



BREAKFAST @SCHOOL
For first-class learning!



Featuring Healthy Fruits & Grains!

School Meals
We serve education every day

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. Our breakfasts feature whole grains and fruit making them a great choice for families looking for a healthy morning meal for their kids!



DON'T 4GET!
Take at least **ONE** **FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!



School Meals
We serve education every day

This newsletter is provided as a wellness resource by our school system's School Meals Program