

Student Report Card

★ **For: Benny  
Breakfast-Eater**

Concentrates well in class A+  
Works fast A+  
Gets along with friends A+  
Attendance A+

Eats a nutritious morning meal  
every day that  
includes at least THREE out of the  
FIVE food groups. He is always  
alert!

~Mrs. Morningbird

# Boost Your Brainpower with Breakfast

Student Report Card

⊘ **For: Buddy  
Breakfast-Skipper**

Concentrates well in class D-  
Works fast D-  
Gets along with friends D-  
Attendance D-

He usually skips his morning  
meal and does not fuel himself!  
He is very sluggish, feels sick  
quite often, and misses classes.  
~Mrs. Morningbird

**BREAKFAST...** Toasted English muffin with peanut butter, and a glass  
of low fat milk

Cereal and low fat milk with a banana

Yogurt, apple, and a slice of whole wheat toast

Oatmeal, canned peaches, and low fat milk



Dear Parents,

By eating breakfast with your children, you are not only helping yourself, but you are also being a positive role model. Even if you do not feel hungry, start with something small, like a carton of yogurt. Also, have breakfast foods ready and visible for children to see, so they know where to find their morning fuel!