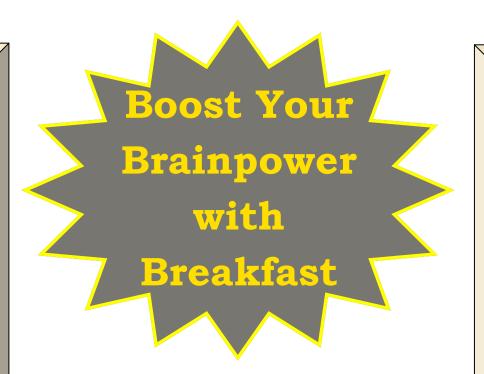


Concentrates well in class A+
Works fast A+
Gets along with friends A+
Attendance A+
Eats a nutritious morning meal
every day that
includes at least THREE out of the
FIVE food groups. He is always

alert!

~Mrs. Morningbird





Concentrates well in class

Works fast

Gets along with friends

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!

