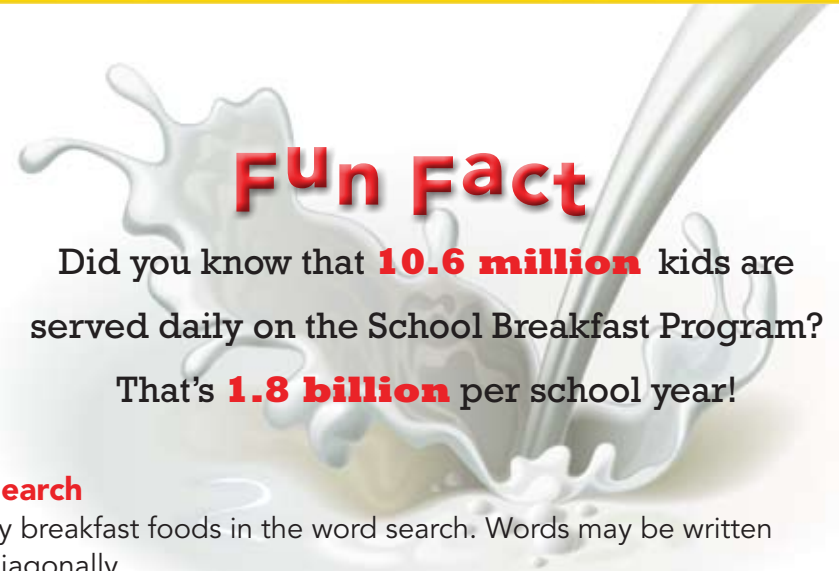


# School Breakfast



play  
dream  
read  
learn



## Fun Fact

Did you know that **10.6 million** kids are served daily on the School Breakfast Program?

That's **1.8 billion** per school year!

### Ready Set Go Word Search

Find the healthy and tasty breakfast foods in the word search. Words may be written forwards, backwards or diagonally.

- Apple
- Banana
- Blueberry
- Breakfast Burrito
- Cereal
- Cheese
- French Toast
- Granola
- Kiwi
- Oatmeal Muffin
- Orange
- Raisins
- Sausage
- Skim Milk
- Wheat Toast
- Yogurt

### READY SET GO WORD SEARCH

B	L	U	Y	R	R	E	B	E	U	L	B	F	I	N	A
B	R	E	A	K	F	A	S	T	B	U	R	R	I	T	O
A	K	E	P	P	I	I	S	S	C	E	R	E	A	L	R
N	L	K	P	O	P	W	N	O	L	A	L	N	N	E	A
A	I	A	L	Y	O	L	I	T	O	P	K	C	A	G	N
N	M	U	R	O	R	I	S	O	P	E	E	H	C	A	G
A	M	F	Y	G	O	D	I	A	A	Y	O	T	M	S	E
N	I	F	F	U	M	L	A	E	M	T	A	O	I	U	A
T	K	I	L	R	U	G	R	A	N	O	L	A	L	A	L
O	S	A	S	T	F	F	I	C	H	E	E	S	E	S	K
A	I	S	W	H	E	A	T	T	O	A	S	T	S	A	O

National School Breakfast Week—March 8 – 12, 2010



### What makes a healthy breakfast?

To make a healthy breakfast each day, choose one item from each of the following four groups:

- **Fruits and vegetables.** Fresh fruits and vegetables, 100 percent juice without added sugar
- **Grains.** Whole-grain rolls, bagels, hot or cold whole-grain cereals, low-fat bran muffins, crackers, or melba toast
- **Milk.** Skim or low-fat milk
- **Protein.** Hard-boiled eggs, peanut butter, low-fat yogurt, low-fat cheeses, or lean slices of meat and poultry, or fish.

Ready Set Go!

## Code Breaker

Use the code to reveal the secret message!

○ ○ ○  
11 3 1

○ ○ ○ ○ ○ !  
7 10 3 5 1

○ ○ ○  
11 3 1

○ ○ ○ ○ ○ ○ ○  
7 4 8 2 2 12

○ ○ ○ ○ ○ ○ ○ ○ ○ !  
6 5 11 3 13 9 3 7 1

A = 3    E = 11    K = 13    O = 2    T = 1  
 B = 6    F = 9    L = 12    R = 5  
 C = 4    H = 8    M = 10    S = 7

## School Breakfast

How many words can you make from the letters in



in 1 minute (aim for 10 or more). Are you ready? Go!

toes \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_