

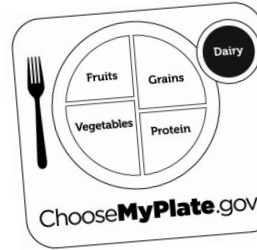


# Start Your Day with Breakfast

Did you know that breakfast is the meal most often skipped by children and teens? It is important for this age group to eat breakfast because there are many benefits:

- Eating a healthy breakfast every day provides key nutrients that children and teens need in order to grow and develop.
- Consumption of breakfast also improves learning and behavior in school.
- Children and teens who eat breakfast are less likely to be overweight.

P.S. Adults need breakfast, too!



In the Talawanda School District, all students have access to healthy hot and cold breakfasts every single day through the School Breakfast Program.

Breakfast costs **\$1.00**

Students who qualify for reduced meals pay **\$0.30**

Students who qualify for free meals receive breakfast at **no cost.**

The breakfasts offered at Talawanda provide students with needed energy and nutrients such as protein, calcium, vitamin A, and vitamin C to start their day out right.

## English-Muffin Egg Pizzas

In the oven, toast 1/2 English muffin topped with olive oil, tomato slices, hard-cooked egg slices, and grated mozzarella.



## Bagel with Cream Cheese

Toast half of a bagel and spread with cream cheese. Top with cucumber and tomatoes pieces to create a fun breakfast food for young kids.



## Fruit and Yogurt Parfaits

Combine layers of low-fat yogurt, fruit of choice, and whole grain cereal or granola for a hearty first meal of the day.



## Cereal and Milk

Whole grain cereal and low-fat milk is quick and easy. Increase the nutritional content by adding fresh or dried fruit, nuts, or flaxseeds.



## Breakfast Burritos

In a tortilla, wrap up scrambled eggs with cheese, beans, and salsa. Try spreading peanut butter on the inside of a tortilla and fill with bananas.



## Oatmeal

Cook some oatmeal and jazz it up with toppings like fresh fruit, dried fruit, or nuts.



## Waffles

Buy pre-prepared whole grain waffles and top them with fruit or a spread like sunflower butter. Try making one into a breakfast sandwich.



## Leftovers

Not everyone likes traditional breakfast foods, so try eating leftovers from the night before like pasta, homemade pizza, or rice and beans.



## Sources:

Healthy Breakfast. Everywhere You Go. (2012). *Academy of Nutrition and Dietetics.*

10 Easy Breakfast Recipes for Kids. Retrieved [www.realsimple.com](http://www.realsimple.com)