### Daily Specials - Breakfast

<table>
<thead>
<tr>
<th>Breakfast of Champs</th>
<th>Protein Power</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole grain cereal &amp; low-fat milk topped with sliced bananas</td>
<td>Turkey and low-fat Swiss cheese on whole wheat sandwich bread</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Oats &amp; More</th>
<th>Roll it Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Microwavable oatmeal with chopped apples and walnuts made with low-fat milk</td>
<td>Whole wheat tortilla wrapped around low-fat string cheese with a side of grapes</td>
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<table>
<thead>
<tr>
<th>P&amp;B</th>
<th>Bagel Breakfast</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole wheat toast with peanut butter and sliced bananas served with low-fat milk</td>
<td>Toasted whole grain bagel half layered with apple slices &amp; reduced fat cheddar cheese</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Breakfast Parfait</th>
<th>Mix it Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low-fat vanilla yogurt swirled with crunchy high-fiber cereal and blueberries</td>
<td>Whole grain cereals, raisins, sunflower seeds, and pretzels mixed to perfection</td>
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</table>

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<tr>
<th>Morning Grahams</th>
<th>Cheezy Toast</th>
</tr>
</thead>
<tbody>
<tr>
<td>Graham crackers dipped in low-fat yogurt with apple juice to drink</td>
<td>Low-fat cheese melted on whole-grain toast with 100% grape juice to drink</td>
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</tbody>
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<tr>
<th>Cinna-Toast</th>
<th>Tortilla</th>
</tr>
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<tbody>
<tr>
<td>Whole grain cinnamon-raisin toast topped with low-fat yogurt</td>
<td>Whole grain tortilla filled with scrambled eggs or beans, topped with cheese &amp; salsa</td>
</tr>
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<table>
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<tr>
<th>Eggs-Ellent</th>
<th>Sunrise Smoothie</th>
</tr>
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<tbody>
<tr>
<td>Whole wheat pita pocket filled with scrambled eggs and topped with grated cheese</td>
<td>Frozen mixed berries, low-fat vanilla yogurt, and orange juice blended together</td>
</tr>
</tbody>
</table>

### Drive-thru Breakfast? Choose wisely!

When eating out for breakfast, look for healthy choices on the menu, such as...

**Chick-Fil-A:** chicken, egg, & cheese bagel (request grilled chicken); fruit cup, carrot & raisin salad, low-fat milk, orange/apple juice, water

**McDonalds:** scrambled eggs, English McMuffin, Egg McMuffin (no butter), fruit & yogurt parfait, apple dippers, low-fat milk, orange/apple juice, water

**BoJangles:** grilled chicken filet on a bun (no mayo), buffalo bites, low-fat chocolate milk, orange juice, or water

**Burger King:** ham omelet sandwich, apple fries, low-fat milk, orange/apple juice, water
Rise and Dine! Start your day off right!
Eating a healthy breakfast...every day...does your body good!

* Choose foods from 2 or 3 food groups to give your body the “fuel” it needs to get through the day.
* If you run short on time in the morning, plan ahead!! Make your own “grab-and-go” breakfast the night before and eat it on the way to school.
* Not hungry in the morning? Start with something small such as fruit, string cheese, or a piece of toast.
* See below for some healthy ideas that can also make great “grab-and-go” breakfasts!

**GRAIN GROUP**
- Whole wheat bagel, bread
- Whole wheat pita
- Whole grain cereal
- English muffin
- Oatmeal, Grits
- Whole grain crackers
- Whole wheat tortilla
- Whole grain granola bar- (look for 2g or more fiber and 12g or less sugar)

**FRUIT GROUP**
- Fresh - banana, apple, grape, plum, clementine, mango, strawberry, blueberry, melon, pineapple, orange
- Dried - raisins, dried plum, dried cranberry
- Canned - in light syrup or in its own juice
- 100 % fruit juice

**MILK GROUP**
- Fat-free (skim) milk
- Low-fat (1%) milk
- Low-fat flavored milk
- Low-fat yogurt
- Low-fat sliced cheese
- Low-fat string cheese
- Low-fat grated cheese
- Low-fat cottage cheese
- Pudding made with low-fat milk

**PROTEIN GROUP**
- Lean deli meat
- Walnuts, peanuts
- Almonds, cashews
- Sunflower seeds
- Tuna
- Peanut butter
- Hard boiled or scrambled egg
- Beans
- Turkey bacon/ sausage

Got breakfast? Breakfast really is the most important meal of the day!! Eating a healthy breakfast helps us achieve and maintain a healthy weight. People who eat breakfast take in more nutrients and fewer calories over the course of a day. Breakfast can also help improve heart health and blood pressure.

Hey kids, don’t forget about...

**School Breakfast!**

Studies show that kids who eat breakfast do better in school than kids who don’t. Breakfast eaters tend to have:

* Better Math & Reading scores
* Better classroom behavior
* Better school attendance
* Improved memory, alertness and concentration
* Less stomachaches/headaches

Parents, encourage your children to eat breakfast every day, whether at home or at school. Be a good breakfast-eating role model...your kids are more likely to eat breakfast if you do, too. Studies suggest that adults who skip breakfast are at greater risk for obesity, while those who eat breakfast have healthier weights. Kids and teens who eat breakfast are also less likely to be overweight.