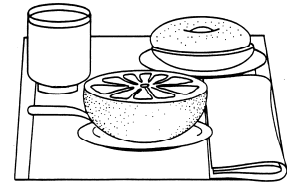


# Jump Start Your Day With Breakfast!



- Breakfast is an important meal.
- Adults and children who eat breakfast have more energy and can be more successful at work and school.
- Culture, sleeping habits, and hunger influence food choices for breakfast.
- ANY nutritious food is the right breakfast food.



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## Plan Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
orange juice	low fat milk	low fat milk	apple juice	low fat milk
Yogurt	pancakes w/ fruit	bagel w/ pizza sauce, cheese & green peppers	leftover chicken or luncheon meat	leftover spaghetti
instant hot cereal topped w/ raisins	low fat sausage or eggs (scrambled, hard-boiled)	orange, apple or banana	toast w/jelly	banana