

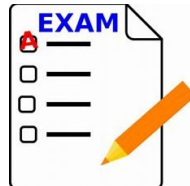
Healthy Choices for your family!

Start your day off right: **Eat Breakfast**

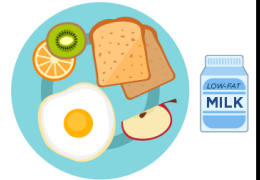
Increases concentration



Improves memory



Gives you energy



Creates better eating habits



Supports better mental health



Encourages physical activity



Students can start their day with a

Go breakfast from the school cafeteria.

- Whole grain cereal with low/no added sugar, low-fat milk, whole fruit
- 100% whole-wheat toast, natural peanut butter, low-fat plain milk or 100% fruit juice, sweetened yogurt with whole fruit
- Scrambled egg or omelet with vegetables, 100% whole-wheat toast, whole fruit

- Low-sugar cereal made with refined grains, whole milk, fruit with added sugar
- White (refined) toast, peanut butter with added salt, sugar, and/or fat, dried fruit with added sugar
- Eggs fried in vegetable oil, Canadian bacon, 100% fruit juice

- High sugar cereal, sweetened milk, fruit canned in heavy syrup
- Sweet roll, fruit-flavored sugar-sweetened juice
- Eggs fried in solid fats, bacon (with visible fat), doughnuts

GO

SLOW

WHOA