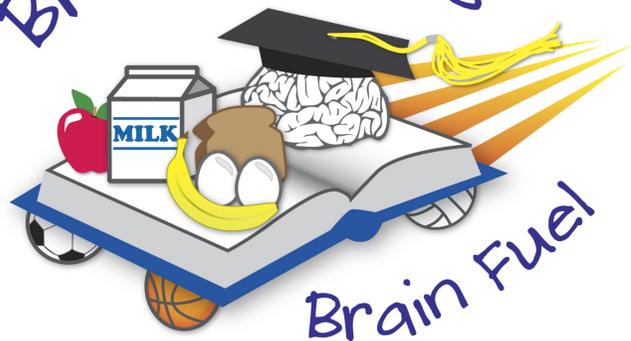


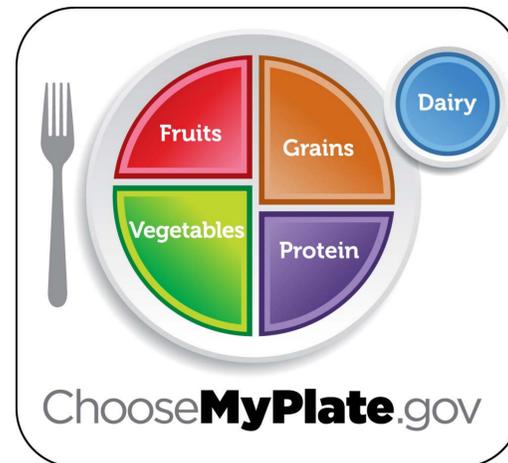
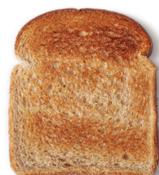
Breakfast is



Try...



Whole grain cereal,
whole wheat toast,
plum and
low fat milk



Choose **MyPlate**.gov



Omelet, grits,
low fat milk and
apple



Yogurt parfait,
orange and
low fat milk



Look in this pocket
to find fun activities!



Look in this pocket
to find smart breakfast
choices!

Why Choose School Breakfast?

See if you can guess the answers from the riddle below.
Lift the flaps to see if you are correct.

