

Dear Parents, Score BIG with Breakfast!

Studies show that kids who eat breakfast do better in school than kids who don't. The benefits of eating breakfast include: *

- Better Math & Reading scores**
- Better classroom behavior**
- Better attendance**

Morning Check off:

- ✓ Coat
- ✓ Homework
- ✓ Back pack
- ✓ **BREAKFAST**



Quick Breakfast Ideas for Busy Families

MON	TUES	WED	THURS	FRI
Whole grain toaster waffles topped with yogurt and canned or fresh fruit	A glass of milk ; Pita pocket filled with scrambled eggs , topped with grated cheese	Toasted English muffin with peanut butter and banana slices; low fat chocolate milk	Low fat yogurt , in a cup, topped with granola	Bagel sandwich with a slice of cheese and deli meat ; strawberry milk
Cinnamon toast with a side of low fat cottage cheese mixed with jam	Oatmeal mixed with nuts, dried fruit, bananas and low fat milk	Tortilla filled with scrambled eggs or beans , topped with cheese and salsa	Soft wheat roll filled with tuna salad or egg salad ; glass of milk	Bowl of cereal with low fat milk ; glass of orange juice

No time? Here's Help:

School breakfast is another choice for busy families. Most kids can choose to eat breakfast in the cafeteria or, in some schools, in the classroom.

Offering breakfast improves student achievement

"...schools participating in the breakfast program for three years posted an overall 7.8 percentage point gain on state tests."

—Nancy Grasmic
Maryland State Superintendent of Schools

Breakfast in the Classroom is a Hit with Portland Students

"20,000 students are now starting their day with breakfast in the classroom compared to 12,000 when breakfast was only available before school."

—Shannon Stember
Nutrition Education Coordinator
Portland Public Schools

Partnering for Healthy Kids:



Nutrition Education Services
Oregon Dairy Council
PH: 503.229.5033
www.oregondairyCouncil.org



PH: 503.736.3200 www.powerfulpuppetry.org



LEMON VELVET SMOOTHIE

Make a smoothie from the fruit and dairy groups of the Food Guide Pyramid.

1. You will need: A blender,* measuring spoons and a measuring cup.



2. Pour 8 oz. lemon yogurt into blender.



3. Add 2 1/2 cups milk to yogurt in blender.



4. Add 6 oz. frozen orange juice concentrate.



5. Add 1 teaspoon vanilla extract.



6. Put lid on tightly and blend until smooth. Makes about 4 cups. Pour into glasses and enjoy. Refrigerate or freeze extra smoothie for later.



* If you don't have a blender, use a plastic jug with a lid or a pitcher and a wire whisk.