



wake up!

to
School Breakfast

PARENTS



Wake Up to Simpler School Days!

Save time on busy weekday mornings. Choose school breakfast! **March 7-11, 2016 is National School Breakfast Week.** Our district is celebrating the school breakfast program with the "Wake Up to School Breakfast" campaign. Contact the cafeteria manager at your child's school to learn more about what's offered for breakfast!



Irvine Unified School District, CA

School breakfast is healthy, convenient, and for less than \$2 per meal on average—a great bargain!



DID YOU KNOW?

School breakfast always includes:

- Fruit and veggies offered daily
- More whole grains
- Fat-free or low-fat milk
- Limits on calories, fat, and sodium



Bemidji Area Schools, MN

To learn more about the school breakfast program, visit
www.schoolnutrition.org/SchoolMeals
or www.facebook.com/TrayTalk.



Made possible by:



Wake Up Your Brain with Breakfast!

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to

School Breakfast

STUDENTS

It's **National School Breakfast Week!** Did you know that a healthy school breakfast helps set you up for success in school? Complete the breakfast-themed puzzles and activities below to exercise your brainpower.

SPOT THE DIFFERENCE

The images are almost identical—but there are five small differences between them. Can you identify the differences?



1. _____
2. _____
3. _____

4. _____
5. _____



WAKE UP WORD SEARCH

Can you identify the breakfast foods in the word search? Words are forwards, backwards, up, and down!

1. Banana
2. Milk
3. Cereal
4. Juice
5. Grahams
6. Yogurt
7. Apple
8. Eggs

A	B	O	T	H	L	D	U	S	I	Y
C	R	M	Q	J	B	E	S	A	F	O
E	C	I	U	J	A	H	S	I	L	G
E	M	L	M	W	N	E	F	E	S	U
M	U	K	L	R	A	Y	A	H	G	R
Z	A	G	K	K	N	P	E	G	G	T
D	E	G	E	F	A	C	I	G	E	A
T	U	A	P	D	A	P	P	L	E	L
U	K	U	G	A	C	E	R	E	A	L
I	L	O	O	R	U	I	U	Q	U	P
O	S	M	A	H	A	R	G	S	I	C