

BREAKFAST POWER



Start your day with a good-for-you breakfast to fuel your body and power your brain all day long!

Pick something from each food group for breakfast. Try these crazy combos:

Yogurt + fruit + granola sprinkles

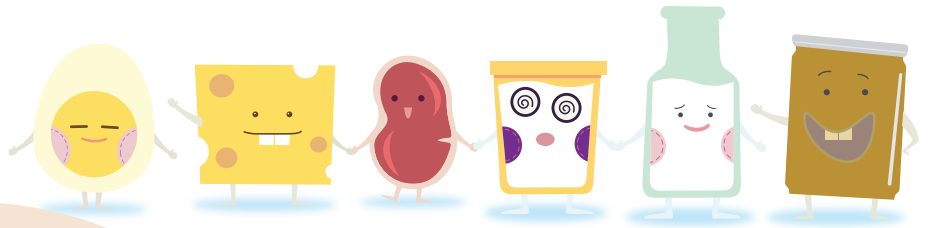
Peanut butter + toast + grapes on top

Whole grain tortilla + black beans + tomatoes

Or choose your own crazy combo and draw it on the breakfast plate.

Proteins & milk

Eggs, cheese, beans, yogurt, milk, peanut butter



Fruits & veggies

Tomatoes, peppers, strawberries, bananas



Grains

Bread, cereal or granola, tortillas

