

Kids who eat breakfast do better in school than kids who don't. Including:

- Better Math & Reading Scores
- Better Classroom Attention
- Better Attendance

# Score Big with Breakfast

Morning check off:

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

Quick  
breakfasts  
for two  
weeks



## Monday

Whole grain toaster waffles topped with yogurt and fresh or canned fruit

Cinnamon toast, string cheese and a glass of pineapple juice

## Tuesday

Glass of milk, pita pocket filled with scrambled eggs, topped with grated cheese

Oatmeal mixed with nuts, dried fruit, banana and low fat milk

## Wednesday

Toasted English muffin with peanut butter and banana slices, low fat chocolate milk

Tortilla filled with scrambled eggs or beans, topped with cheese and salsa

## Thursday

Low fat yogurt, topped with granola and berries - fresh or frozen

Soft wheat roll filled with tuna salad or egg salad, glass of milk

## Friday

Bagel sandwich with a slice of cheese and deli meat, low fat strawberry 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. Kids can eat in the cafeteria or in the classroom.



Student  
scores improve

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

—Nancy Grasmic  
Maryland Superintendent of Schools, Healthy Schools Summit



Breakfast in the  
Classroom - It's a Win-Win!

It's easy for kids, parents and teachers! Reports show kids are tardy and absent less. Teachers say kids have more attention and fewer stomach and head aches. Ask if it's offered in your school!

Partnering for Healthy Kids



Nutrition Education Services  
Oregon Dairy Council  
503-229-5033  
www.oregondairyCouncil.org



503-736-3200  
www.powerfulpuppetry.org

# Lemon Velvet Smoothie

Use foods from MyPyramid Fruit and Milk Groups



1

## Equipment:

A blender,\* measuring spoons and a measuring cup.



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



2

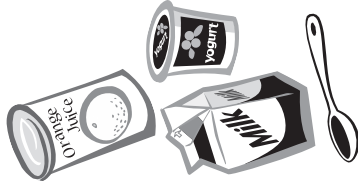
## Ingredients:

6 oz. frozen orange juice concentrate

1 cup (8oz.) lowfat lemon yogurt

2½ cups nonfat milk

1 tsp. vanilla



3

## Directions:

Add ingredients to blender.

Mix until smooth and frothy.



4

Pour into glasses and enjoy!

Makes 4 one-cup servings.

## More Cool Smoothie Combos!

Banana Berry MooBlast	Berry Yo' Crazy
2 cups (16 oz.) lowfat vanilla yogurt	$\frac{3}{4}$ cup lowfat milk
$\frac{3}{4}$ cup frozen strawberries	1 cup orange juice
$\frac{1}{2}$ large banana	1 cup (8 oz.) lowfat vanilla yogurt
$\frac{3}{4}$ cup lowfat milk	$1\frac{1}{2}$ cups frozen mixed berries

## Make extra smoothie for later:

Freeze in a plastic gallon milk container. Defrost until slushy. Shake well.

Or make Lemon'Sicles. Use paper cups and popsicle sticks. Freeze.