



Monday

Tuesday

Wednesday

Thursday

Friday

NATIONAL SCHOOL BREAKFAST WEEK

Week 1

Find the fruit & veggie of the month at www.harvestofthemonth.com

Eat Breakfast!

Plan several healthy breakfast menus that have one food from at least three of the five food groups.

Eat Breakfast!

Be sure to choose a healthy breakfast today!

Week 2

The body needs water every day. Be sure to drink an extra glass today.

Compare food labels to find a cereal with at least 10% Daily Value of Total Fiber per serving.

Week 3

Keep track of when you eat a healthy breakfast this week. Aim for every day!

Talk with your family about some challenges you face trying to eat breakfast every day. Can you overcome them?

Have a milk taste-testing party. Compare non-fat or 1% dairy, soy, rice, and almond milks.

Week 4

Eat a piece of fruit or have 100% fruit juice with breakfast.

Record how much water you drink today. Aim to drink more tomorrow.

Week 5

Compare food labels to find a cereal that is lower in sugar.

Make a list of other foods or beverages you like that are high in calcium.

Continue to keep track of the days you eat a healthy breakfast. Aim for every day!

Fuel Your Body

