

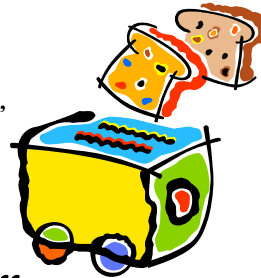


COLONIAL NUTRITION NEWSLETTER

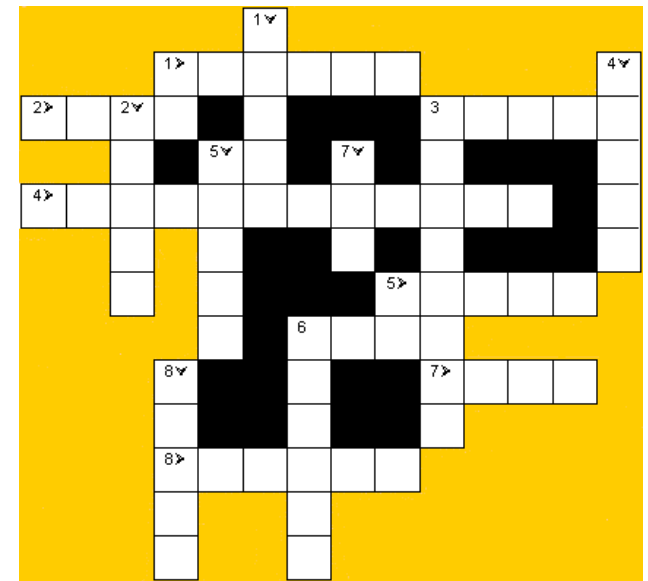
National School Breakfast Week ~ March 3-7, 2008

Did you know?

School breakfast gives you 25% of the recommended daily allowance of protein, calcium, iron, and vitamins A and C!



~Breakfast Crossword Puzzle~



Down

1. Eat this fresh or canned.
2. This cooks slices of bread.
3. Flat "cakes" that are good with syrup.
4. Pour this on 3 down.
5. A drink squeezed from fruit.
6. Not a cupcake but a _____.
7. What you say when you like your food.
8. Strips of meat that go good with eggs.

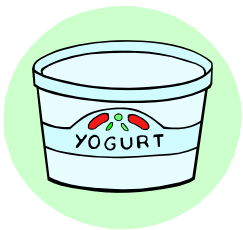
Breakfast...the most important meal of the day!

Students who eat breakfast...

- ~ Get better grades!
- ~ Participate in school more!
- ~ Are healthier!

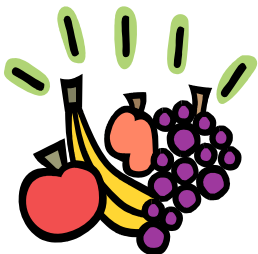


What's a good breakfast I can eat?



- ✓ Cold cereal with fruit
- ✓ Hot cereal (try oatmeal or cream of wheat!)
- ✓ Yogurt and granola
- ✓ Fresh or canned fruit
- ✓ Eggs, toast and fruit
- ✓ Bagel with cream cheese

Most of these choices are available in your school cafeteria!



Across

- You pour milk over this.
- The grains that oatmeal is made from.
- Sweet topping made by bees.
- A nutty spread for bread (with jelly).
- Made from the sap of a tree.
- Delicious to drink or with cereal.
- You can have these scrambled or fried.
- A hot drink grownups like to drink.