

WANTED!
**Bright kids with energy and
brain power!**
BREAKFAST REQUIRED!

**You have a busy life.
Make breakfast a no-brainer!
Choose some simple ways to make
your mornings easy AND make sure
everyone gets the breakfast
they deserve!**



Keep these foods on hand for breakfast in minutes.

Milk Group

- Milk - 1% or Skim
- Cheese - slices or chunks
- Yogurt
- Cottage Cheese



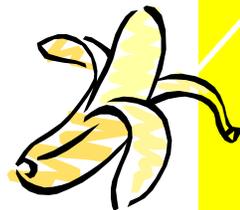
Vegetable Group

- Raw baby carrots
- Raw celery
- Tomatoes, green, and red peppers



Meat Group

- Peanut butter
- Sliced meat - such as lean ham or turkey
- Eggs - hard-boiled



Grain Group

- Bread
- Crackers
- Cold cereal
- Instant hot cereals
- Bagels
- English muffins
- Tortillas

Fruit Group

- Fresh fruit such as apples, bananas, oranges, grapes, melon or berries
- Dried fruits such as raisins or apricots
- Canned fruits such as fruit cocktail

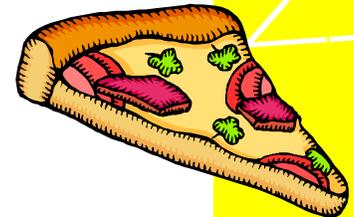


8 quick and tasty breakfasts in less than 5 minutes!

- 1 Instant oatmeal, canned peaches, milk
- 2 Cold cereal, banana and milk
- 3 Crackers and cheese, orange wedges
- 4 Heated leftover pizza and orange juice
- 5 Carton of yogurt, banana and wheat toast
- 6 Toasted English muffin, peanut butter, glass of milk
- 7 Baby carrots, mozzarella cheese stick, and a bagel
- 8 Tomato soup made with milk and crackers



Add some more ideas...



Have a little more time? Try these muffins.

Cereal Bran Muffins

- 1 1/2 cups bran cereal
 - 1 1/4 cups skim milk
 - 2 eggs
 - 3 Tablespoons oil
 - 1 1/4 cup flour
 - 1 Tablespoon baking powder
 - 1 Tablespoon sugar
 - 1/2 cup raisins, if desired
1. Preheat oven to 400 degrees.
 2. Stir cereal, milk, eggs and oil in a bowl.
 3. Let stand 1 to 2 minutes to soften cereal.
 4. Mix flour, baking powder and sugar.
 5. Add dry ingredients to the cereal mixture.
 6. Stir only until combined.
 7. Spoon batter into oiled or paper-lined muffin tins.
 8. Bake for 25 minutes.
- Makes 12 muffins.