Get Off To A Good Start

Eat Breakfast Every Day!

! Breakfast is an important meal.

! Children who eat breakfast have more energy.

! Breakfast helps kids concentrate, solve problems and do better on tests.

! What you eat for breakfast depends on your culture, sleeping habits and hunger.

! ANY nutritious food is the right breakfast food.

! Breakfast gives the body nutrients and energy after an overnight "fast".

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Plan Breakfast for One Week

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>orange juice</td>
<td>low fat milk</td>
<td>low fat milk</td>
<td>apple juice</td>
<td>low fat milk</td>
</tr>
<tr>
<td>Yogurt</td>
<td>pancakes w/ berries</td>
<td>bagel w/ pizza sauce, cheese &amp; green peppers</td>
<td>leftover chicken</td>
<td>leftover spaghetti</td>
</tr>
<tr>
<td>instant hot cereal topped w/ raisins</td>
<td>low fat sausage</td>
<td>orange</td>
<td>toast w/jelly</td>
<td>banana</td>
</tr>
</tbody>
</table>

The Food Stamp Program can help you buy nutritious foods. To find out more, call Oregon SafeNet at 1-800-SAFENET (723-3638) or (503) 988-5858 in the Portland metro area.

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