

Level Up

with a Healthy School Breakfast

Morning

Announcements

SquareMeals.org/SBW

FRIDAY BEFORE SCHOOL BREAKFAST WEEK

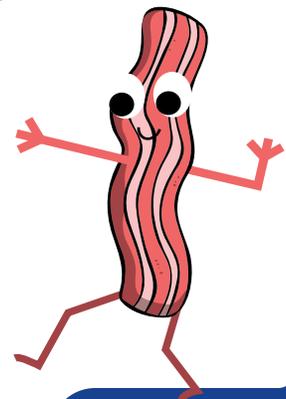
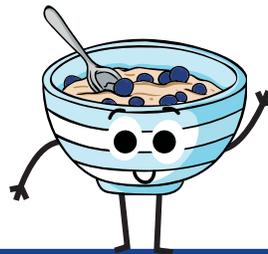
School Breakfast Week starts Monday. All week we will *Level Up with a Healthy School Breakfast*. Get ready to earn a breakfast bonus each day. We will level up to a new place every day by learning about one of the five food groups. Monday we go to Veggie Village. Tuesday we are off to the Protein Palace. Wednesday we go to Fiber Town with whole grains. Thursday takes us to the Dairy Dimension. Friday is fruit day and we will go to Mega Melon Mountain. Let's all level up next week and get to the breakfast bonus every day.

MONDAY — LEVEL ONE Plug in with a Healthy Breakfast

Plug in and turn on your power with a healthy breakfast today. It is the first day of School Breakfast Week. We will *Level Up with a Healthy Breakfast* all week. Vegetable is Monday's featured food group and we are trying to find our way to Veggie Village. Every villager is a vegetable and they can give us powerful vitamins, minerals and fiber. You go to Veggie Village when you put salsa on a breakfast taco. Salsa has vitamin C and fiber in tomatoes, onions and peppers. Today's featured vegetable in the cafeteria is _____. Level up to Veggie village with a healthy serving of _____.

TUESDAY — LEVEL TWO Score a Protein Prize with Breakfast

It is School Breakfast Week and we are going to *Level Up with a Healthy Breakfast*. Today we will capture a protein prize. Eggs and lean meat are some of the powerful sources of protein found in the Protein Palace. They are great for breakfast. Other good sources of protein are milk, beans, fish and other foods. Protein helps your body do everything from growing your hair to giving you energy to play and learn. You will find everything you need to get to the Protein Palace in the school cafeteria. Today's protein prizes in the cafeteria include _____.



Level Up

with a Healthy School Breakfast

WEDNESDAY – LEVEL THREE Hit the Start Button with Whole Grains

Hit the start button on a great day with a healthy breakfast. It is day three of School Breakfast Week and we want to jump to Fiber Town. It is easy to *Level Up with a Healthy Breakfast* in Fiber Town. Choose whole-grain rich, breads, cereals, tortillas and pizza crusts to bounce into Fiber Town. The place is full of foods that give you healthy bonus points for eating the grain’s bran and germ. Refined grains lose those parts and their many nutrients. Whole grains are good for your tummy and packed with B vitamins that help you play. Today’s tickets to Fiber Town include _____ in the cafeteria.

THURSDAY – LEVEL FOUR Dive into a Better Day with Dairy

It is School Breakfast Week and we are going to *Level Up with a Healthy Breakfast*. Today, milk for breakfast will help us swim into the Dairy Dimension. Every day this week, we are learning about a different food group that goes into breakfast. When you dive into dairy products like milk, you swim to a good source of calcium. Cheese and yogurt also take us to the Dairy Dimension. They all taste great. Dairy gives you the power to build strong bones so you can swim, run, play and grow. When you drink milk, you can *Level Up with a Healthy Breakfast* during National School Breakfast. Dive into healthy dairy with breakfast. We can always find our way to the Dairy Dimension in the school cafeteria.



FRIDAY – LEVEL FIVE Meet Me at Mega Melon Mountain

Thanks for a great week of nutrition fun. Every day we have learned about a healthy food group so we can *Level Up with a Healthy Breakfast*. This is a big day because we are going to level up to Mega Melon Mountain. That is where you find delicious cantaloupe, honeydew melon and watermelon. A mix of melons makes a tasty and healthy breakfast. It is easy to get Farm Fresh melons in Texas. The Lone Star State is one of the nation’s top producers of watermelon. You get a good source of vitamin C with watermelon. Melons are all sweet and some are crunchy. Even if you don’t go to Mega Melon Mountain you always level up when you eat fruit for breakfast. Fruity choices in the cafeteria today include _____.

