

# Level Up

with a Healthy School Breakfast

# Parent Participation

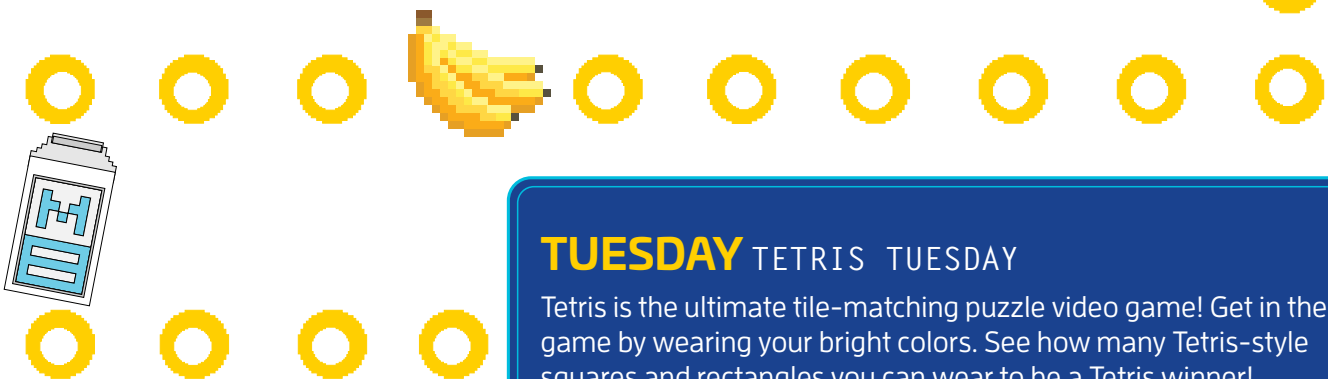
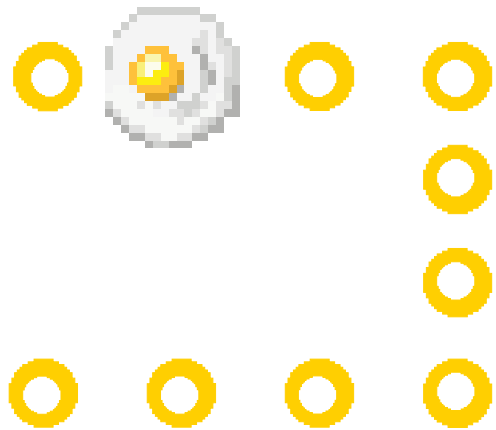
SquareMeals.org/SBW

**School Breakfast Week** is being celebrated March 4-8 and will motivate your child to enjoy all the benefits of eating breakfast at school. Please join with the Texas Department of Agriculture (TDA) and school nutrition to encourage your child to eat a school breakfast every day that week.

Video games inspired this year's School Breakfast Week theme— *Level Up with a Healthy School Breakfast*. Your school nutrition team is offering activities, special menu items and more so students will learn how a school breakfast is a bonus that leads to classroom success. Your child can participate each day of the week by wearing something representing a classic video game. Just use the list below so your child can dress up and get ready to **Level Up with a Healthy School Breakfast** during the celebration week.

## MONDAY PACMAN & MS. PACMAN MONDAY

Pacman was created in 1980 and is still one of the most popular games in arcade game history. Go down in history at your school and wear a character color or bonus round fruit. Colors are blue, pink, red, orange and yellow. Fruits in the game are cherry, strawberry, orange, apple and melon.



## TUESDAY TETRIS TUESDAY

Tetris is the ultimate tile-matching puzzle video game! Get in the game by wearing your bright colors. See how many Tetris-style squares and rectangles you can wear to be a Tetris winner!



TEXAS DEPARTMENT OF AGRICULTURE  
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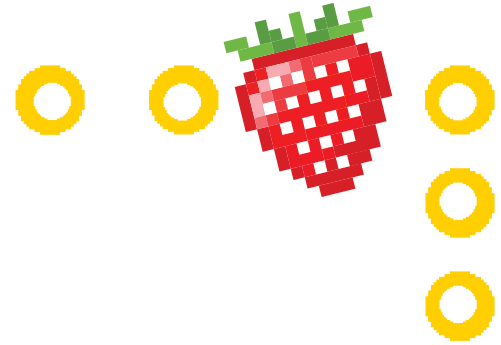
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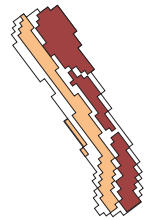
## WEDNESDAY OUT OF THIS WORLD WEDNESDAY - GALAGA -

Galaga is a classic video game! Level Up with your tie-die, outer space, and out of this world gear! Wear something that says space ship or insect-like enemies.



## THURSDAY THROWBACK THURSDAY

The first video game was created in 1958. Over the years video games have transformed and changed from simple arcade games to interactive, multiplayer, 3D experiences. Honor the video games of the past by dressing up in gear from your favorite decade.



## FRIDAY FIRST PLACE FRIDAY

After a week of leveling up with a healthy school breakfast, celebrate your high score! Dress like a champion by wearing a winning ribbon, metal, or a jersey from your favorite sports team!



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