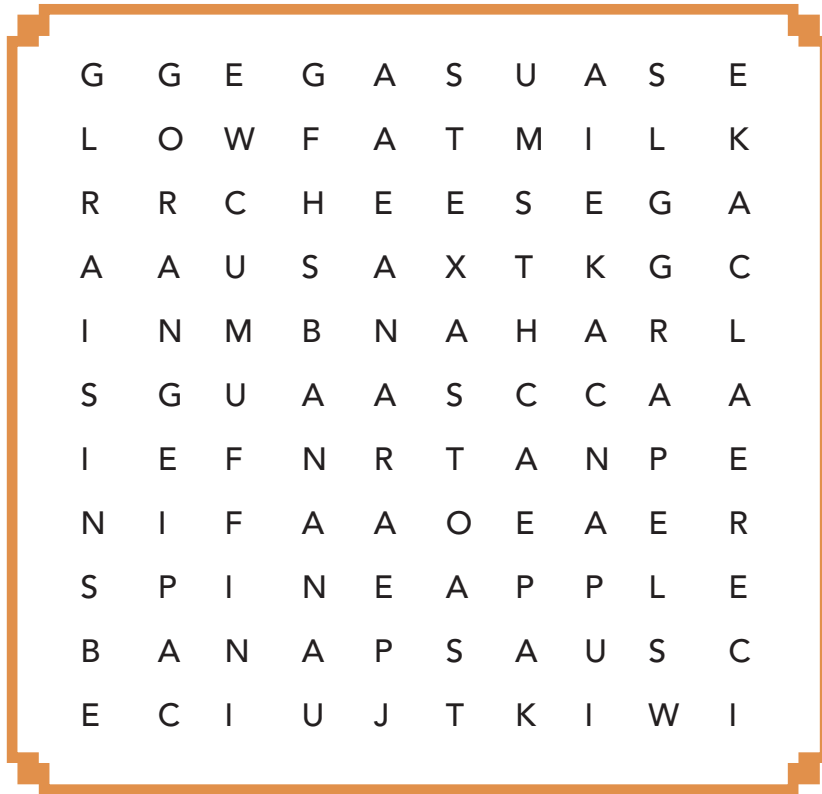




# School Breakfast Word Search

Can you find all of the breakfast foods in the word search? Words may be written forwards or backwards.

- Banana
- Cereal
- Cheese
- Egg
- Grape
- Juice
- Kiwi
- Lowfat Milk
- Muffin
- Orange
- Pancake
- Peach
- Pear
- Pineapple
- Raisins
- Sausage
- Texas Toast



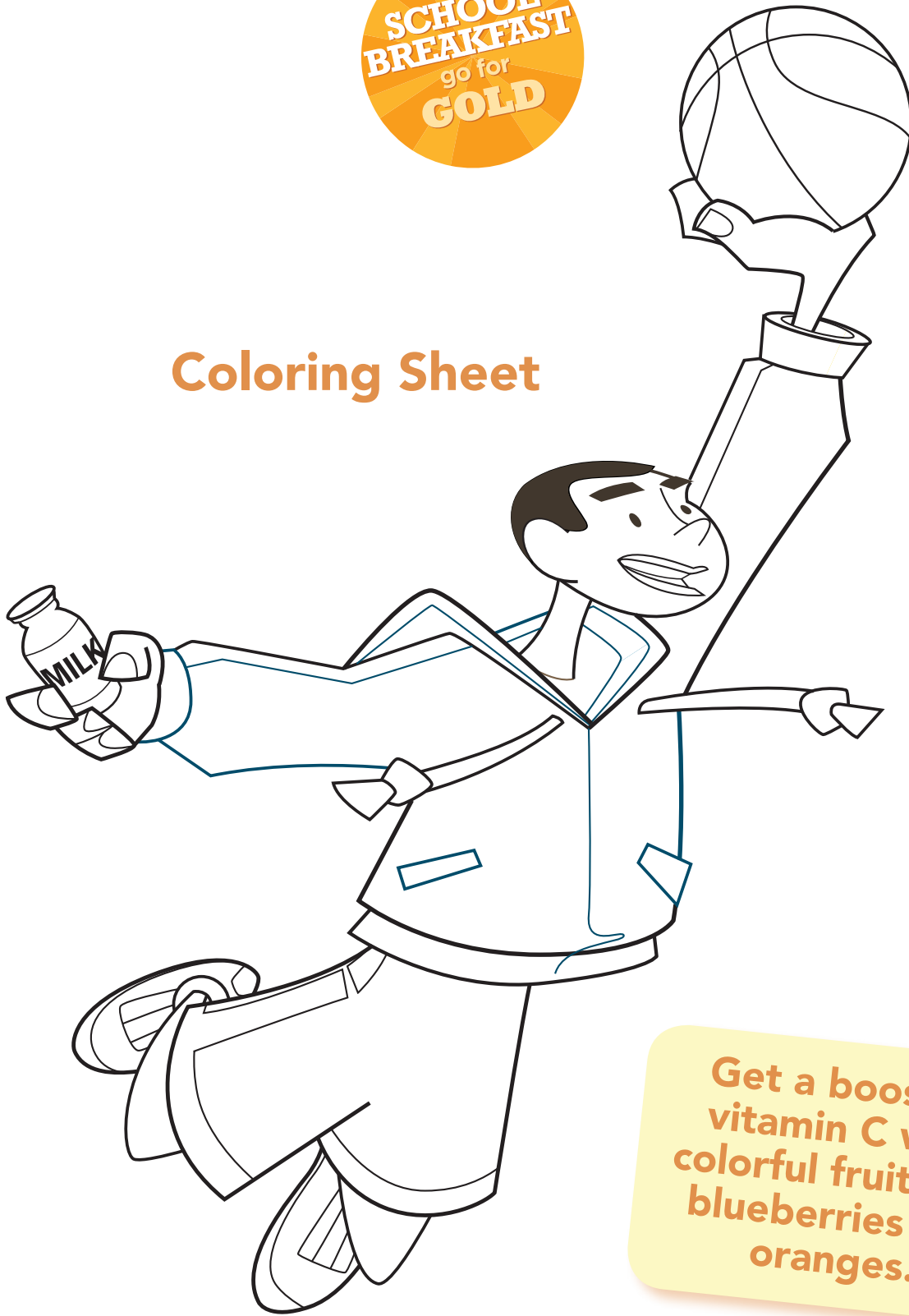
**Get Strong Bones and Teeth**  
 Calcium-rich dairy foods, such as lowfat milk, yogurt and cheese, are excellent breakfast foods. They help you grow strong bones and teeth.



Made possible by:



## Coloring Sheet



Get a boost of  
vitamin C with  
colorful fruits like  
blueberries and  
oranges.



Made possible by:



**Whole Grains Are Good for You!**  
Whole grains contain lots of healthy components, including fiber and many essential vitamins and minerals.



# Coloring Sheet



Made possible by:

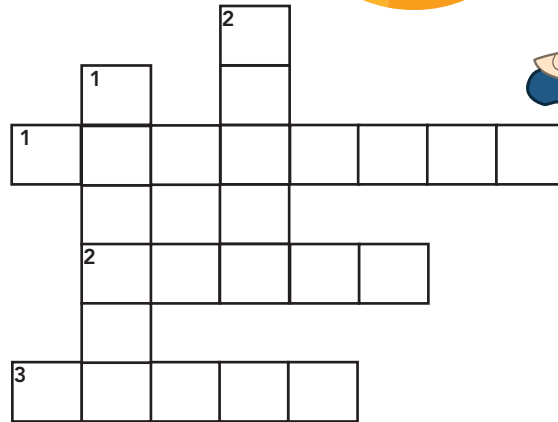
# Golden Breakfast Crossword

Breakfast is full of golden foods. Use the clues to complete the crossword and you will be golden!



## Across

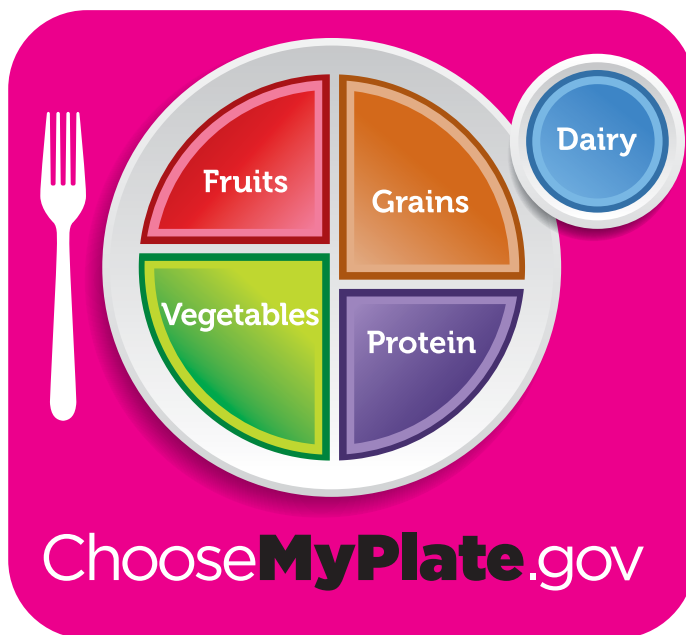
1. Goldilocks ate this for breakfast.
2. What type of fruit is a Golden Delicious?
3. When whole-wheat bread is cooked and turns golden brown it becomes this.



## Down

1. Yukon Gold is a variety of this vegetable.
2. You can put a little of this golden liquid on your whole grain pancakes.

ANSWERS: Across: 1. Porridge, 2. Apple, 3. Toast  
Down: 1. Potato, 2. Syrup



Choose from all five food groups to balance your school breakfast.

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