

Child Nutrition Services
MARCH NEWSLETTER SUBMISSION

POWER UP WITH SCHOOL BREAKFAST

Join us for National School Breakfast Week on 3/2/09-3/6/09



Why Eat School Breakfast?

Breakfast really is the most important meal of the day and provides the necessary energy to start a day of learning and achievement. Breakfast helps us be our best and research has shown that children who eat breakfast at school:

- Score better in standardized tests
- Have fewer health issues
- Behave better in class

Research also shows that kids who skip breakfast rarely make up for missed nutrients later in the day – so skipping breakfast could also affect the activities after school that kids really enjoy!

Some kids skip breakfast at home because they think it's too early to eat. By the time they get to school, they are really hungry! If this sounds familiar, power up for the day by visiting your school cafeteria for breakfast.

School Breakfast: Good for your body, good for you

School breakfast provides 25% of your recommended daily allowance of protein, calcium and iron, vitamins A and C and calories as well as meeting the Dietary Guidelines for Americans.

If time permits try this breakfast recipe.....Breakfast Burritos****

Makes 1 serving

Ingredients

- 6 inch flour or corn tortillas
- 1 egg (use 1/4 cup egg substitute or egg whites)
- 2 Tbsp reduced-fat shredded cheddar cheese
- 2 Tbsp salsa (or chopped tomatoes)

Instructions

Preheat broiler or toaster oven to high. Meantime coat a skillet with cooking spray and scramble eggs. Place tortillas on a cookie sheet and top with cooked egg and cheese; broil until cheese melts, about 30 to 60 seconds. Spread salsa (or tomatoes) down center of tortillas and roll up. Serve this recipe in a toasted whole wheat pita half for a breakfast on the go!

But if you are short on time try these nutritional fast ideas.....

Make a shake or a smoothie by blending fruit and yogurt and then drink it in the car. A side option is a small bag of finger foods, such as a mixture of granola and grapes.

English muffin pizzas sprinkled with low fat cheese and micro waved are a hit with most kids.

Peanut butter and banana sandwich is always a popular choice.

Whole wheat crackers with low fat cheese