

Breakfast Bonanza



Nutrition-to-Go

Busy families need Grab-n-Go breakfasts. Here are some tasty ways to have your morning meal on-the-run. It's quick and easy to get all the benefits of breakfast even if you're eating while walking to school, sitting in the car, riding on the bus, or working at your desk. Try one of these ten delicious combos tomorrow morning and the whole family will rise, shine, AND save time!

- **A bagel with a slice of low-fat cheese and apple juice.**
- **A banana, a piece of string cheese, and a mini-muffin.**
- **A tortilla wrap with slices of low-fat ham and cheese.**
- **An English muffin with peanut butter and some milk.**
- **A carton of yogurt, a low-fat granola bar, and juice.**
- **An apple, a whole wheat roll, and a hard-boiled egg.**
- **A peanut butter and jelly sandwich with milk.**
- **A shake or smoothie with yogurt, fresh or frozen fruit, and milk.**
- **A piece of leftover pizza with orange juice.**
- **A baggie of trail mix and a carton of milk.**

Whatever you do...**eat breakfast.**

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