Jump Start Your Day With A Healthy Breakfast

Newsletter and/or KIT

Jump start your student's day with a healthy breakfast. Eating breakfast gives children more energy and can help boost their grades. Fuel their body with quick and easy foods like oatmeal with fruit or eggs and whole grain toast.

Healthy Breakfast Ideas:

- Oatmeal with peaches and blueberries
- Yogurt with Strawberries and Granola
- Scrambled eggs with Cheese and Toast
- Bagel with Peanut Butter
- Breakfast Cereal with Milk and Bananas
- Waffle with Cantaloupe

Watch our video that shows more great breakfast ideas including what FCPS offers in schools: https://www.facebook.com/fairfaxcountyhealth/videos/518459651931019/

References:

http://kidshealth.org/en/parents/breakfast.html#

Hashtag:

#ffxhealthykids