



# breakfast

*every morning*

**Start every day with breakfast.**

Breakfast helps boost you and your child's energy all day long - busy moms and dads need energy!

## Cereal

Enjoy a bowl of cereal with low fat milk.  
Top with berries or sliced banana.

## Egg Burritos

Roll up scrambled eggs and a sprinkle of cheddar cheese in a whole wheat tortilla.

## Mini Potato

Bake a tiny potato in the microwave.  
Top with scrambled egg, chopped ham or turkey or cooked veggies.



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