



HEALTHY KID BREAKFAST IDEAS

Packed with fiber, protein and slow-burning carbohydrates, these healthy breakfast ideas will help kids stay alert and engaged throughout the day.

Breakfast Parfait

A little low-fat dairy and some vitamin-rich fruit and you've just started your day right, nutritionally speaking.

Breakfast Taco

A smaller cousin of the breakfast burrito, the breakfast taco made with Cheddar, salsa and scrambled eggs is a satisfying and healthy breakfast option.

Bagel and Cream Cheese with Veggies

Liven up a boring breakfast by creating faces out of healthy ingredients. Chop up an assortment of vegetables and let the kids make funny faces on a toasted bagel spread with cream cheese.

Citrus Berry Smoothie

A smoothie is a meal-in-a-glass. Make one with fresh berries and orange juice for a breakfast loaded with healthy carbohydrates and powerful antioxidants.

Bagel Gone Bananas

A grab-and-go breakfast: a toasted bagel topped with nut butter and banana slices. It is ready in just five minutes and easy to eat on the run.



Breakfast Word Search

Find and circle each word listed below in the search box on the right.

- BACON
- BAGELS
- BANANAS
- BUTTER
- CEREAL
- CHEESE
- COFFEE
- DOUGHNUTS
- EGGS
- GRITS
- HAM
- JAM
- JELLY
- JUICE
- MARMALADE
- MILK
- OATMEAL
- PANCAKES
- ROLLS
- SALT
- SYRUP
- TEA
- TOAST
- WAFFLES

V	C	C	S	F	Q	O	A	T	M	E	A	L	Z	B
R	E	E	M	Y	L	I	R	I	F	L	C	U	G	U
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