A smart breakfast gives kids a good start on the school day. Eating a nutritious breakfast can improve school performance, memory, and attention during class and on test days.

Try to include a combination of food groups such as lean protein, fruits, vegetables and whole grains, and plan ahead so that breakfast prep is quick and easy.

<table>
<thead>
<tr>
<th>Scrambled eggs microwaved in minutes in a mug, served with fruit</th>
<th>Oatmeal with chopped fresh or dried fruit, chopped nuts</th>
<th>Yogurt with granola and berries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast bar, carton of yogurt, and chopped dried fruit</td>
<td>Breakfast “pizza” on pita or English muffin, topped with cheese and served with fruit</td>
<td>Avocado on whole wheat toast with egg or cheese</td>
</tr>
</tbody>
</table>

Think beyond typical breakfast foods! Last night’s dinner can be this morning’s breakfast.
Snacks Keep Kids Focused and Energized

Kids need snacks to keep them **energized and focused** during the long school day. Use a cooler bag or frozen gel pack to keep snacks chilled, fresh and safe.

- **Hard-boiled eggs on a stick ("EggPops")!** dipped or dusted with your favorite sauce or seasoning
- **Whole wheat pretzel sticks, carrot sticks, and hummus**
- **Sliced turkey breast wrapped around veggies or cheese sticks**
- **Frozen fruit or a yogurt smoothie** (will defrost by afternoon)
- **String cheese and cherry or grape tomatoes**
- **Egg salad with whole grain crackers**