

Catchy Messaging to Spark Up Your Menus!

Back, by popular demand, are nutritional messages to print and add to your menus and newsletters.

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Parents – Be Part of the Breakfast Equation!

Rest assured. If your kids are hungry in the morning, and don't have time to eat, we'll feed them. Milk and other nutritious foods are served at school breakfast. It's a winning equation:

$$\begin{array}{c} \text{Kids} \\ + \text{Nutritious Breakfast} \\ \hline \text{Learning Benefits!} \end{array}$$

Total Nutrition + Total Taste = Total Fun

What's massively tasty and comes in way-cool, grab-n-go packages? Milk, Cheese and Yogurt, in tons of flavors. And, they're all loaded with calcium and other important nutrients. For good health, have at least 3 or 4 servings daily, depending on your age.

So make your parents happy... without having to clean your room! Flavor up. Grab one and get moovin' today!



Hey Kids, Play the Breakfast Detective Game!



Try the Breakfast Detective matching game at www.nutritionexplorations.org in the Kid's section! Read the clues and meet the challenge! If you need help learning about food groups simply check out the Food Guide Pyramid in the Kids Nutrition pages.