School Breakfast Word Search

Can you find all of the breakfast foods in the word search? Words may be written forwards or backwards.

Banana
Cereal
Cheese
Egg
Grape
Juice
Kiwi
Lowfat Milk
Muffin
Orange
Pancake
Peach
Pear
Pineapple
Raisins
Sausage
Texas Toast

Get Strong Bones and Teeth

Calcium-rich dairy foods, such as lowfat milk, yogurt and cheese, are excellent breakfast foods. They help you grow strong bones and teeth.
Get a boost of vitamin C with colorful fruits like blueberries and oranges.
Whole Grains Are Good for You!

Whole grains contain lots of healthy components, including fiber and many essential vitamins and minerals.
Golden Breakfast Crossword

Breakfast is full of golden foods. Use the clues to complete the crossword and you will be golden!

Across
1. Goldilocks ate this for breakfast.
2. What type of fruit is a Golden Delicious?
3. When whole-wheat bread is cooked and turns golden brown it becomes this.

Down
1. Yukon Gold is a variety of this vegetable.
2. You can put a little of this golden liquid on your whole grain pancakes.


Choose from all five food groups to balance your school breakfast.

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