



the quest for school breakfast

NATIONAL SCHOOL BREAKFAST WEEK 2026

activity guide



SCROLL OF SECRETS WORD SEARCH

Search through the puzzle to find and circle each word hidden within the grid. Once you've found all the words, you've collected your tools for the adventure ahead!

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | I | R | N | Q | K | O | C | P | J | H | G | C | R | I |
| N | M | N | C | S | H | I | U | A | V | N | X | C | B | T |
| N | E | B | R | C | Y | M | N | N | S | C | D | S | P | J |
| A | Y | T | H | L | T | I | X | G | G | T | T | B | M | L |
| P | Z | Y | B | R | Q | L | D | K | B | P | L | D | D | T |
| P | I | E | G | G | S | K | H | O | L | L | X | E | Z | X |
| L | F | E | P | R | I | N | C | E | S | S | N | K | Q | W |
| E | W | A | Y | B | B | X | M | V | U | Q | T | J | P | A |
| D | X | X | Y | W | Z | U | O | X | I | O | Q | Z | O | F |
| T | O | A | S | T | B | P | G | R | X | V | Q | A | T | F |
| Y | A | H | G | N | G | E | N | Y | A | E | M | P | A | L |
| D | R | A | G | O | N | S | Q | B | O | N | U | H | T | E |
| L | C | R | L | U | C | G | J | F | Z | S | G | N | O | S |
| X | D | U | I | G | W | F | C | K | B | Q | D | E | E | W |
| V | C | J | K | C | H | A | M | P | I | O | N | V | S | T |

WORD BANK

Princess

Champion

Waffles

King

Dragon

Castle

Orange

Eggs

Apple

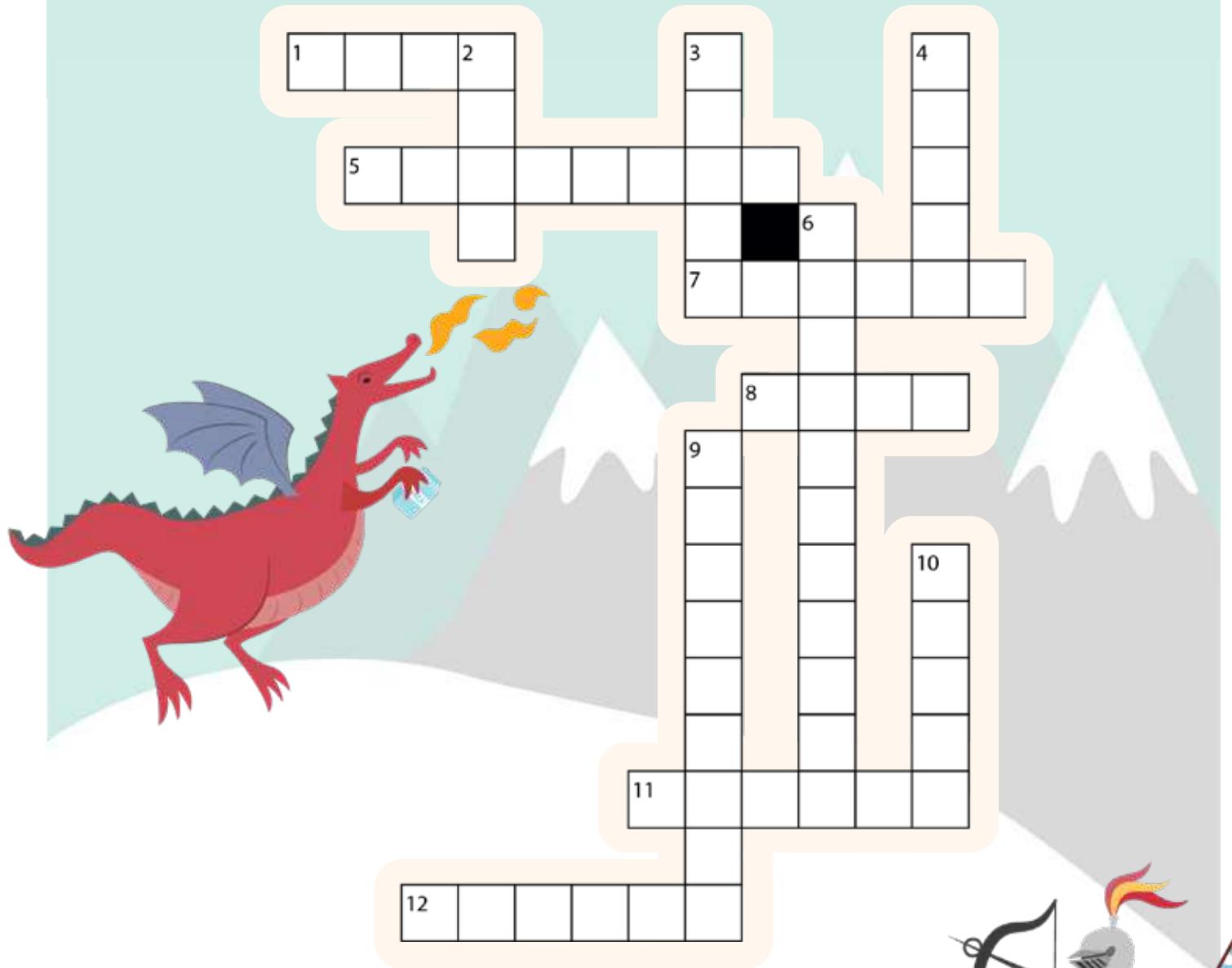
Toast

Potatoes

Milk

knight's Breakfast Riddle Crossword

Solve the clues to reveal the foods and fuel every hero needs to succeed.



ACROSS

- 1. Drink that helps knights grow strong
- 5. Fluffy breakfast favorite topped with syrup
- 7. A royal chair
- 8. A breakfast food that comes from hens
- 11. A princess might live here
- 12. Brave fantasy hero who rescues people

DOWN

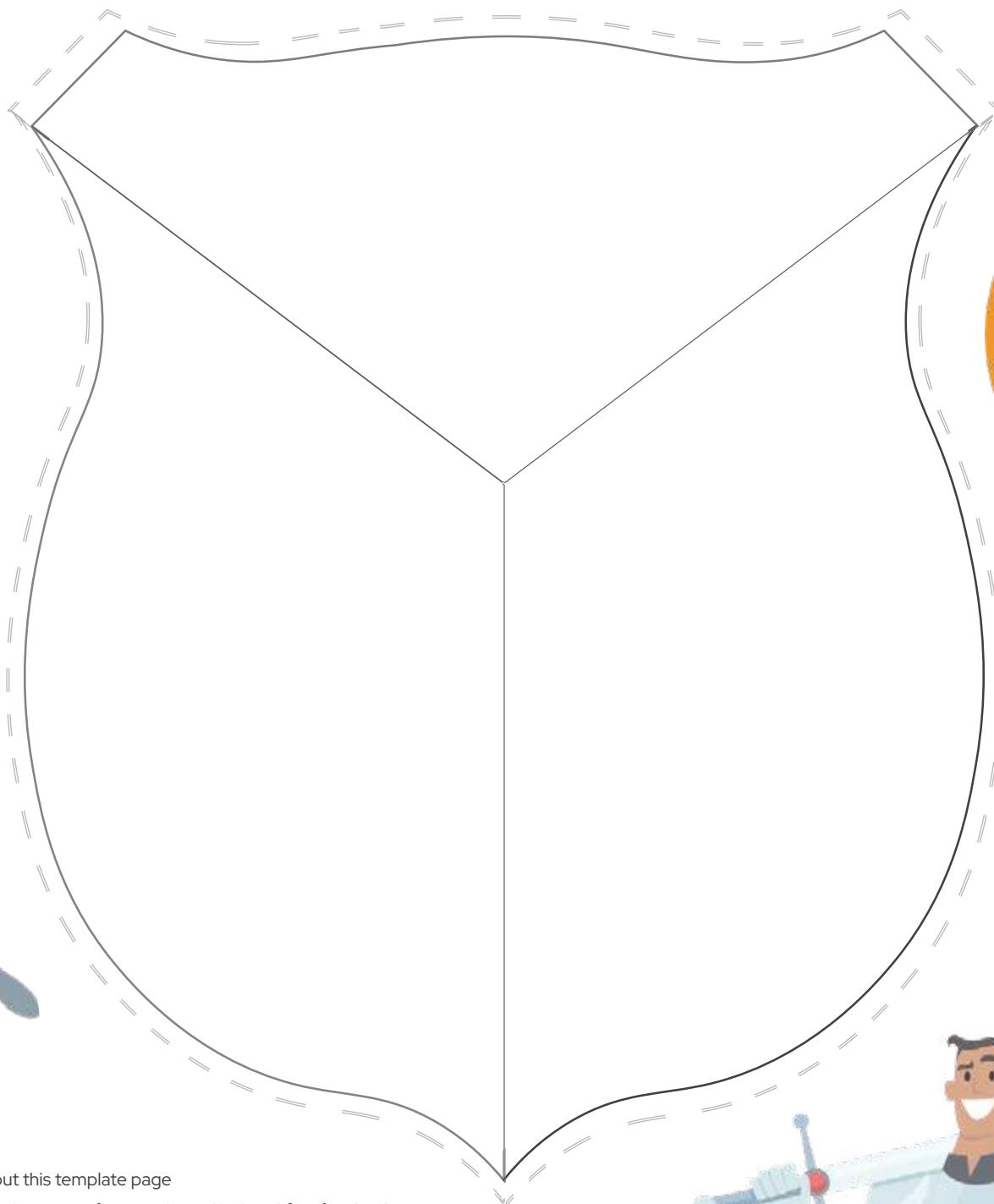
- 2. Ruler of a castle
- 3. A royal mission or adventure
- 4. Something you eat cereal with
- 6. Spiky, colorful fruit with a mythical name
- 9. Early-morning meal
- 10. Sweet drink often served at breakfast

BUILD YOUR HERO BREAKFAST SHIELD

MAKE YOUR OWN COAT OF ARMS

Every hero needs the right tools to succeed!

Create a coat of arms that represents your favorite breakfast foods, strengths, and super skills.



Step 1: Print out this template page

Step 2: Think about your favorite things like breakfast foods, classes, hobbies, pets, or objects that make you feel like a brave knight

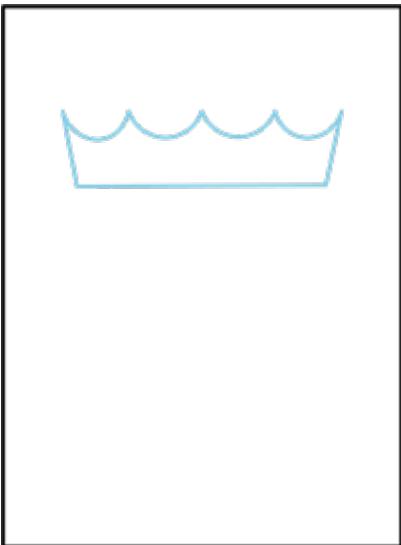
Step 3: Design your custom Coat of Arms with crayons, markers, stickers and more

Step 4: Share your awesome new design with your friends and family!

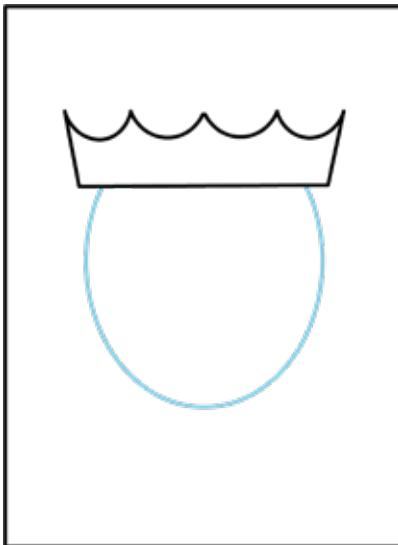
portrait of a Breakfast hero

DRAW YOUR OWN ROYAL PORTRAIT

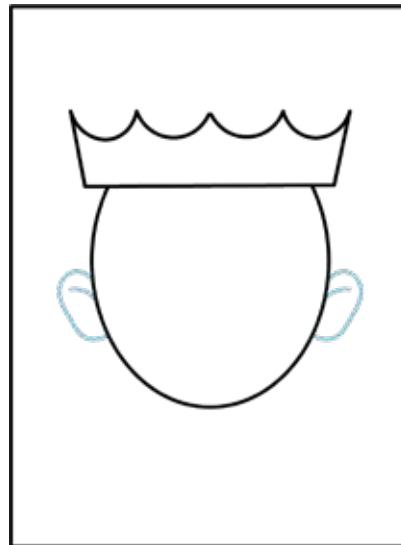
Follow this guide to draw yourself as royalty, ready to take on the day fueled by a healthy breakfast!



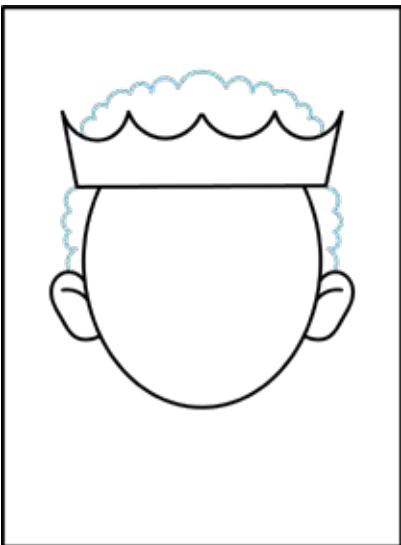
1. Draw your crown



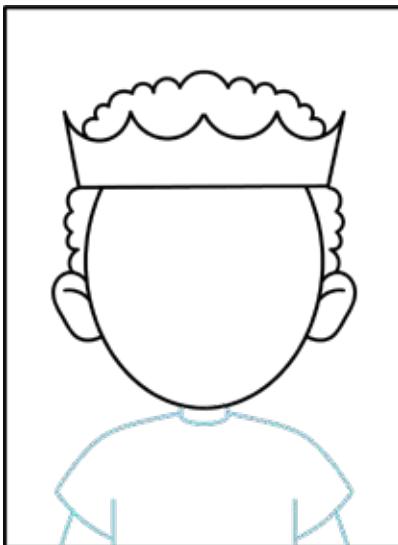
2. Make a head shape



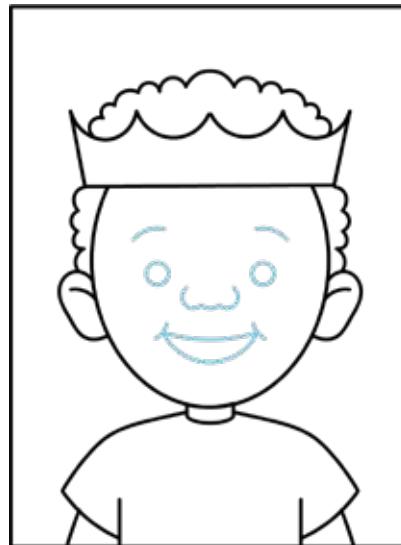
3. Add the ears



4. Add some hair



5. Draw the neck & shoulders



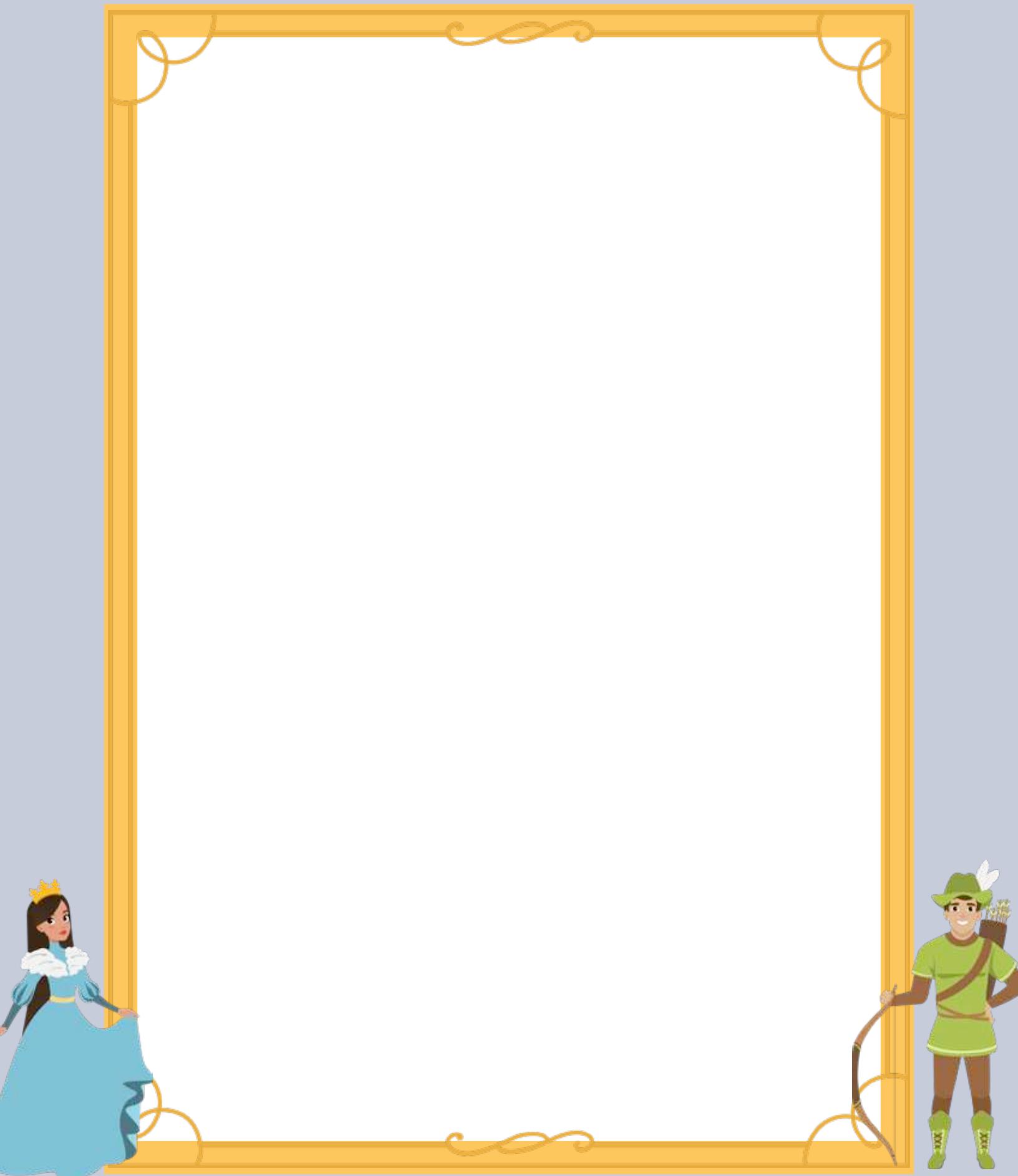
6. Make your face!

Don't forget to color in your drawing, or add extra details to make this portrait your own.



Share your portrait online and tag #NSBW26







fuel finder

FIND THE ITEMS BELOW



Look closely! How many of each item can you find?



$$= \boxed{?}$$



$$= \boxed{?}$$



$$= \boxed{?}$$



$$= \boxed{?}$$



$$= \boxed{?}$$



$$= \boxed{?}$$



$$= \boxed{?}$$



$$= \boxed{?}$$



$$= \boxed{?}$$

help the princess get to the castle!

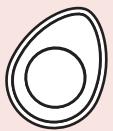
Help the princess navigate the maze to the Breakfast Kingdom castle before breakfast.



MAGIC KINGDOM EGG-CELENT BREAKFAST SEARCH

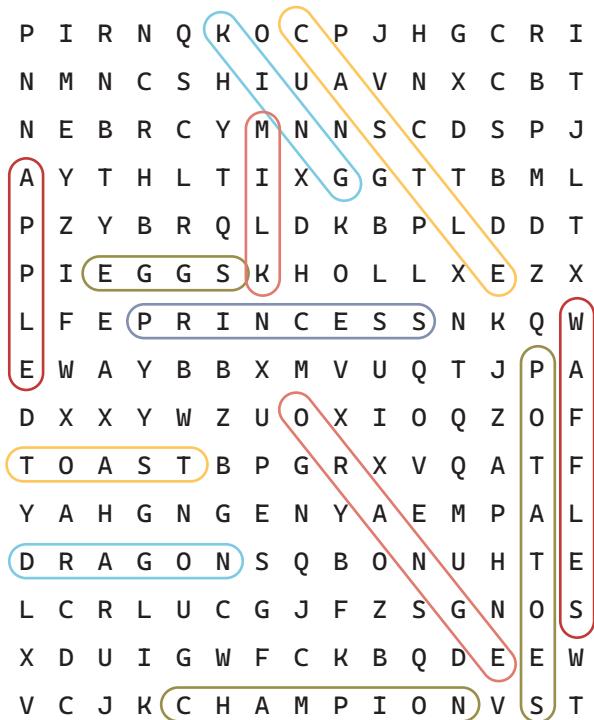


All of the kingdom's eggs are hidden! Can you find all 10 before the breakfast begins?

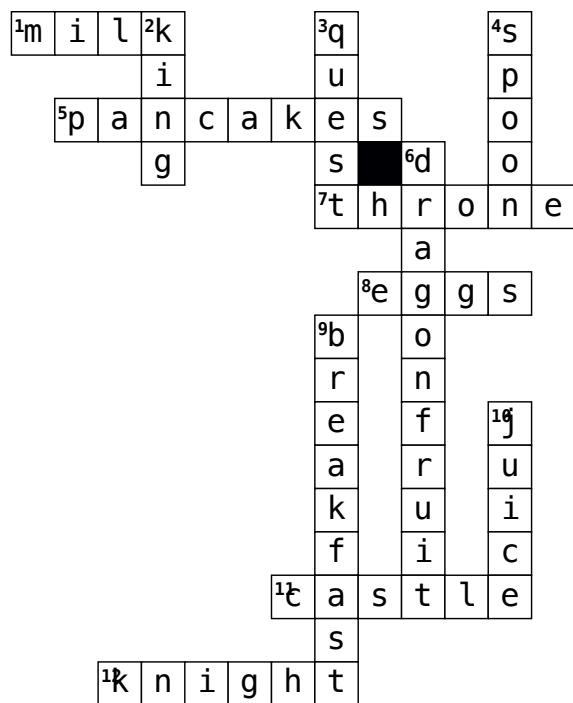


answer key

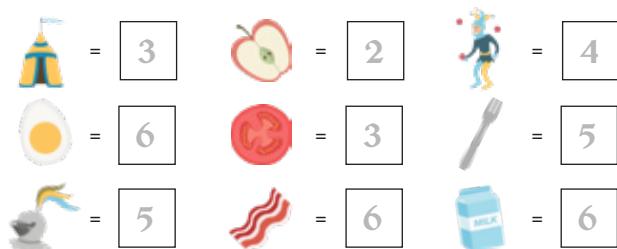
WORD SEARCH



CROSSWORD



FIND THE ITEMS



SEARCH AND FIND

