



Breakfast Go Power

Breakfast gives you fuel to start your day off right. It can be *easy* and *fun*.

Quick morning Breakfast Go Power ideas to get you started:

- Raisin toast with peanut butter and banana, low-fat milk.
- Slice of cheese melted on whole wheat bread, berries, low-fat milk.
- Tuna fish sandwich, tomato slices, low-fat milk.
- Quick cook hot cereal, cinnamon applesauce, low-fat milk.
- Bran muffins, banana, low-fat milk.
- Ready-to-eat cereals, fresh fruit, low-fat milk.
- Scrambled eggs, orange juice, whole wheat toast, low-fat milk.
- Slice of pizza, orange juice, low-fat milk.
- Taco with tomato and lettuce, low-fat milk.
- Macaroni and cheese, green or red pepper slices, sliced pears, low-fat milk.

This message brought to you by *CIGNA HealthCare* and the *Healthy Kids Challenge*.

Working to make healthy eating and physical activity a regular part of your life at home and at work.

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