

Brain Food
Healthy Breakfasts for School Performance

Why breakfast?

- Just like your body, your brain needs fuel in order to work.
- After sleeping all night, our brain is hungry!
- Students who do not eat breakfast may become sleepy or distracted, struggle with new concepts, and may not remember things as well.
- Be sure to allow time in the morning for breakfast, whether at home or at school!

Universal School Breakfast:

- Every child in Baltimore City is eligible for a free breakfast.
- Students may enter the school at 7:40 through the Streeper Street entrance.
- Students are encouraged to take at least three items from a variety of food groups.
 - Always available: milk, 100% fruit juice, whole grain cereals, low-fat muffins
 - Daily specials include eggs, pancakes, yogurt, oatmeal bars, turkey sausage pizza

If you choose to feed your child breakfast at home:

- Breakfast is a great time to check in with your child about the day.
- There are plenty of easy, nutritious options.
 - Whole grain cereals
 - Oatmeal (instant or old-fashioned)
 - Fresh fruit
 - 100% fruit juice
 - Low-fat yogurt
 - Low-fat milk
 - Baked Oatmeal Squares!

Baked Oatmeal Squares

6 servings

Ingredients:

- 2 cups uncooked quick-cooking oats
- 1/3 cup packed brown sugar
- 1/3 cup raisins
- 1 tablespoon chopped walnuts (optional)
- 1 teaspoon baking powder
- 1 1/2 cups fat-free or low-fat milk
- 1/2 cup applesauce
- 2 tablespoons butter, melted
- 1 large egg, beaten
- Cooking spray

Directions:

1. Preheat oven to 375° .
2. Combine the first 5 ingredients in a medium bowl.
3. Combine the milk, applesauce, butter, and egg in another medium bowl.
4. Add milk mixture to oat mixture; stir well.
5. Pour oat mixture into an 8-inch square baking dish coated with cooking spray. Bake at 375° for 20 minutes. Cut into squares.