



# School Breakfast Week 2024

## MORNING ANNOUNCEMENTS



### Friday Before SBW

Get stoked for School Breakfast Week 2024! This year's theme is *Surf's Up with School Breakfast*. Starting next week, say "aloha" to the delicious and nutritious breakfasts offered at your school each day. They help you ride the monster wave of health! We will celebrate with special menus and activities geared to have fun and remind you that starting the day with the grains, milk, lean proteins, and fruits found in school breakfast supports your health and growth.



### First Day of SBW

Surf's Up with School Breakfast: Happy School Breakfast Week! Get amped on the first day of School Breakfast Week by eating the whole grains offered in your school breakfast. An epic breakfast can start with cereal, bagels, muffins, waffles, or tortillas when they are made with healthy whole grains. Grains are important sources of many vitamins and minerals and help your heart stay strong for success during your school day.



### Mid-week SBW

Rise and shine with School Breakfast! Every morning your school serves fruit with breakfast. There are many different types and colors of fruit; each contains a variety of vitamins and nutrients to help fuel your body for school! Ride the wave of health by eating Texas citrus fruits like oranges and grapefruit at school breakfast. These local fruits grown during the warm Texas winters in the Rio Grande Valley are in season now. How epic: Citrus fruits are tasty AND give you plenty of Vitamin C, so you don't wipeout!



### Last Day of SBW

Say Aloha to School Breakfast Week. Today is the final sunrise; this week, you got stoked eating whole grains, fruits, milk and lean protein in school breakfast foods that provided nutrients and helped you stay sunny side up at school. The celebration week may be over, but you can still eat a healthy school breakfast and ride the wave to your health every day! Remember: Surf's Up with School Breakfast!



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Food and Nutrition Division  
School Breakfast Program

This product was funded by USDA.  
This institution is an equal opportunity provider.



Updated 3/4/24  
www.SquareMeals.org