



MORNING ANNOUNCEMENTS FOR STUDENTS AND SCHOOL STAFF

Elementary Schools

- **Did you have breakfast today?** If not, you fumbled on the most important meal of the day. Starting each day with low-fat or fat-free dairy, fruit and whole grains can help you learn better, make you feel good and give you the energy to tackle every day! Make sure you fuel up so you can play 60!
- **It's time to huddle up for breakfast!** Start your day with low-fat or fat-free dairy, fruit and whole grains so you can go the distance. After fueling up with nutritious foods, don't forget to play for 60 minutes every day to keep you at the top of your game.
- **By kicking off your day with milk,** you will give your body nine essential nutrients it needs! Having milk to start your day will help you grow stronger and smarter. Make sure milk is part of your balanced breakfast to start every day! Fuel Up so you have the energy to play 60 every day!
- **Are low-fat or fat-free dairy, whole grains and fruit part of your daily kickoff?** Make sure you start every day with a variety of nutrient-rich foods that can help you to tackle a great school day. Grab your friends and huddle up for breakfast!
- **What you eat or don't eat matters.** Build a better breakfast with low-fat or fat-free dairy, fruit and whole grains. This breakfast will give your body important vitamins and minerals that it needs to keep you healthy. Healthy foods help you learn better, too. Choose balanced meals at home and at school and remember to play 60 minutes every day. Start your day by going the distance with breakfast.