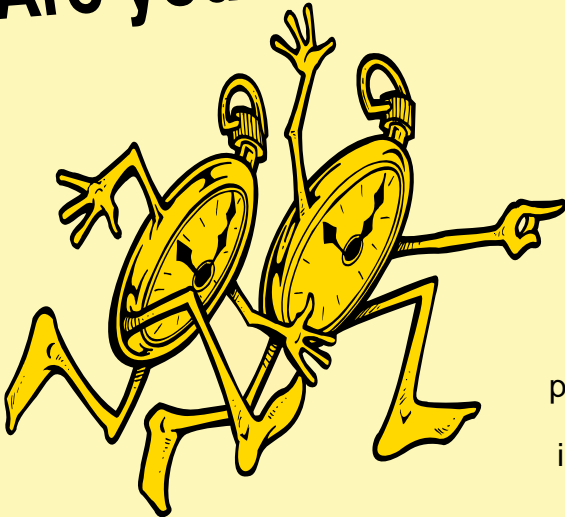


Are you in a hurry?



**Try one of these
for a quick breakfast!**

cheese slices served with toast

cereal with a sliced banana

cold pizza

peanut butter rolled inside a tortilla

instant oatmeal with milk and fruit

If you don't eat breakfast, your body is like a computer without power.

French Toast Sticks

4 servings

1 egg
1/3 cup skim milk
1/2 cup strawberry preserves
8 slices day-old bread
confectioners' sugar (optional)

1. In a small bowl, beat egg and milk; set aside.
2. Spread preserves on four slices of bread; top with remaining bread.
3. Trim crusts; cut each sandwich into three strips.
4. Dip both sides in egg mixture and cook on a lightly greased hot griddle for 2 minutes on each side or until golden brown.
5. Dust with confectioners' sugar if desired.

1 serving
284 calories
319 mg sodium
3.5 grams fat
11% calories from fat

MENU SUGGESTION

French Toast Sticks
Orange juice
Milk



"This project is supported by the USDA through a contract awarded by Income Maintenance/Employment Preparation Services, Kansas Department of Social and Rehabilitative Services."

"The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, ect.) should contact USDA's Target Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington DC, 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer."