

Spectacular Breakfast

When I go to school at 7:35
And I am tired and weak
I go to the cafeteria get some food that's min
And I won't need to fall asleep

What happens when I take a bite
I devour it all because, I need it
It goes down my esophagus so right
When I go to my Classroom I am able to sit

When I wake up in the morning
Do you know what I do?
I get up, shower, and yawning.
With eating breakfast too

This breakfast meal is very important
It's the most important meal to start your day
It will fuel you up and don't make you ignorant
So when you get in class you can tell your teacher HEY!

So, when your hungry and need to eat
Run to the cafeteria don't fall and get a cast on
Get Milk, French Toast, and an apple so sweet
On Go and get your Spectacular Breakfast on

-By Ardae Perry
6th Grade
Mound Stem School

You Know It, You Need It, BREAKFAST

School Breakfast Essay

When I think of the phrase "Breakfast" I think of it as My 1st Body Fuel. I am 12 years old and till this day I think that Breakfast is the most important meal of the day. During the week the law states everyone between 5-17 years of age should go to school. Some Kids breakfast means I get food in my stomach. This is just one of the advantages breakfast can give you. Breakfast is and will become a great meal to be reckoned with. The Job of Breakfast is to give you the starting nutrients of your day.

School Breakfast ought to be nutritious. Nutrition is one of the keys to unlock a healthy and normal body. The nutrition program at school's was started by Michelle Obama (Barack Obama's wife Former First Lady). What you get at school breakfast is a whole grain, fruit, milk or you can get a grab and go snacks. What I like about breakfast is that it is easy to be able to get at school. All you do is stand in line and seriously grab, go, and ask. Then, you stare at the plate for a hot second and start to eat it and then when it all goes down it will fuel you up to have a progressive day at school' until lunch.

School breakfast has another benefit, this benefit is because we need it. Food is one of the things that is necessary for life and without all necessities we will surely die. Food gives us nutrients that we need. Due to breakfast our food schedule is 30 minutes to 2 hours prior to you waking up. From Monday thru Friday definitely to us who catch the Bus we need to be able to eat. Luckily, our schools in CMSD provide us a breakfast plate for us to eat. Did you or anyone reading know what breakfast means it means "Breaking" the "Fasting" of the night's rest.

Breakfast has advantages that we need to know about. Breakfast as I stated not only provides for the 7 hours you didn't eat last night. It helps decrease your appetite. This means that the breakfast you eat you won't be as hungry and are good for another 7 hours. It also gets your organs mostly your heart going so you are able to run, jump, play and participate. Most of all breakfast it regulates your blood sugar. Your blood sugar comes from your pancreas and gives off/ produces sugar and sugar urges and as long as you are able to not eat as much then you can be able to eat right and healthy.

Breakfast's ultimate advantage is for those who are homeless and don't know if it is their last meal. When you go to school I know I do. I look around when I eat breakfast other's I see may not have enough, they are so sluggish, they may be chattering, or getting on the administrator's

nerves. We need to eat. If someone provided it you should use it to your advantage. This is why breakfast has so much of a significance to me.

By Ardae Perry
6th Grade
Mound Stem School



This is Nia Harcourt with her best friend Shamari'ya Thigpen. They are eating breakfast together. Thigpen ran to the line and Harcourt talked to her Dean of Engagement about a situation with the two girls bully. Thigpen was supposed to be able to talk to her as well, but she was very hungry and greedy. She sat down and ate her apple. Then, Harcourt came back and she had something that she really wanted. She told Harcourt, "I didn't know we had brain cereal today!" "I just went ahead and grabbed a Grab n' Go meal". Harcourt said, "You promised me that you would help me talk to Mrs. Mathematics, Instead you were greedy and left me Thanks

to Mrs. Nutrition for being brave all by myself if she slid me one. She learned her lesson from that day on and they were side by side and they never grew apart.