



S	C	E	R	E	A	L	A	T	O	A	S	T	L
C	A	A	D	E	C	N	A	L	A	B	B	K	N
H	B	R	E	A	K	F	A	S	T	E	L	A	T
O	C	H	E	E	S	E	G	N	R	I	N	N	A
O	R	Y	D	N	A	G	W	R	M	A	B	U	E
L	B	D	R	A	E	D	I	W	N	Y	A	T	H
H	A	R	S	L	A	E	A	A	L	H	H	R	W
Y	P	A	O	N	S	T	B	S	A	T	O	I	C
D	P	T	A	K	E	I	N	N	E	L	N	T	C
A	L	E	N	R	A	U	O	I	M	A	E	I	N
E	E	O	A	N	T	R	C	A	T	E	Y	O	I
Y	R	I	A	D	E	F	A	R	A	H	T	N	O
A	L	H	S	A	A	S	B	G	O	M	L	A	A
C	B	H	E	S	I	C	R	E	X	E	T	F	R

APPLE
 CHEESE
 OATMEAL
 HONEY
 BALANCED
 CEREAL
 FRUIT
 EXERCISE
 HYDRATE
 DAIRY
 BANANA
 BREAKFAST
 EGGS
 GRAINS
 WHEAT
 SCHOOL
 TOAST
 BERRIES
 WATER
 MILK
 NUTRITION
 BACON
 HEALTHY

#NSBW21

