**Breakfast**

# THE most important meal of the day!

# This is why children should have an array of choices to encourage them into good eating habits.



# All our breakfast cereals are fortified with vitamins and iron, and each day an additional choice of 2 other wheat-based products are available along with fruit.

# (e.g. Wholemeal toast, plain and fruit bagels, pancakes, crumpets & potato cakes)