

Hadley Hen was always a smart chick, but one day a radioactive ray of sunlight landed on her head and gave her super intelligence. The eggs that she lays provide protein, vitamins and minerals for kids every day at breakfast. Eggs are a smart way to make the grade and help you feel great all day!

HADLEY HEN'S FAUORITE ACTIUITY Bowling

WHAT TO KNOW

This month celebrate School Breakfast Week in Texas by starting each day with healthy Texas Foods.

School Breakfast Week is a great time to try foods from farms and ranches in every part of the state! There are almost 250,000 farms and ranches in Texas and that is more than any other state. Eggs, milk, lean meat, fruit, vegetables, and whole grains are all part of a good breakfast- and they're all produced right here in Texas.

FUN FACT

HADLEY

HEN

Eggs are an "egg-cellent" source of choline, a nutrient your entire body needs to grow!



BRAIN POWER

JOKE OF THE MONTH Q: What did Snow White call her

chicken?

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НОШ МАПУ?

Count the correct number of each fruit or vegetable below.