

**The first week in March is National School Breakfast Week. Write about your favorite breakfast foods and why it's important to eat breakfast.**



MMM Delicious! Do you eat National School Breakfast Week? I do. I like their cooked chicken biscuits and spectacular gravy and biscuits. They are my favorite food and National Breakfast Week. I like their breakfast at school because it will help you get through your day. This is my favorite food at National Breakfast Week.

**Leeann Balthis, 4th, Hilton Elementary, Mrs. Crawford**

My favorite breakfast food is vegetables. It's important to eat breakfast because you might get hungry.

**McKenna Bentley, K, Hilton Elementary, Ms. Edwards**

Breakfast is the most important meal of the day it is what makes you wake up in the morning after some well-earned sleep. Breakfast is like the structure of your day it keeps you going. Some things I like to eat for breakfast is bacon, pancakes, french toast, and cereal. Bacon and pancakes go great together. I dip my bacon in my pancake syrup it just tastes amazing, it is like an explosion of all of my favorite foods into one. Also, French Toast is another great food to eat in the morning. I usually put peanut butter on top of the French Toast then I add the syrup, it just tastes amazing to have so many good flavors in your mouth at once. That is why it is good to eat breakfast in the morning and also some of the food you can try tomorrow if you want.

**Hunter Chasteen, 8th, Pennington Middle, Mrs.Clark**

My favorite breakfast food is cookies. It's important to eat breakfast because it makes you big and healthy.

**Harley Hood, K, Hilton Elementary, Ms. Edwards**

Why is breakfast good for you? I think it's good because it starts your day off right. My favorite breakfast is eggs and toast. I like it because eggs are good for you and my dad makes good toast. Lastly is it's proven that it makes you concentrate better at school. That's why breakfast is good for you

**Hayden Sams, 6th, Yuma Elementary, Ms. Mullins**

Bacon is my favorite breakfast food. Breakfast is the most important meal of the day. It makes you do better at school.

**Dylan Boggs, 5th, Nickelsville Elementary, Mrs. Fraley**

My favorite type of breakfast food is cereal. Because it is simple to make and it is fast to eat. Cereal tastes good, and after you eat it you can drink the nice cold milk after the tasty cereal. Cereal is one of my favorite breakfast foods of the day.

**Austin Baxter, 8th, Pennington Middle, Ms.Clark**

I like eating Poptarts for breakfast. They come in many different flavors, such as strawberry. Poptarts are pastries, which are kinda healthy. The flavor is the closest thing to being healthy. Try eating other breakfast foods, too, such as yogurt, cereal, and/or bacon & eggs.

Breakfast is the first meal of the day, so eat healthy!  
**Dana Pollard, 4th, Miller Perry Elementary, Mrs. Jeffers**

My favorite thing to eat for breakfast is gravy and biscuits, eggs, and bacon. It is really good to me and especially when you eat it from Cracker Barrel. Breakfast is good for you because it gives you plenty of energy to get through the day. Breakfast is the most important meal of the day. I love breakfast because to me, it's the best meal of the day.

**Jadyn Wilder, 6th, Elydale Elementary, Mrs. Cheek**

My favorite breakfast is my Mamaw's french toast. I picked french toast because it's very good with cinnamon and syrup. Second, is that her french toast is the best. When I am at her house we eat breakfast every morning. Finally, breakfast is the most important meal of the day because it helps you get the day started. That is what my favorite breakfast meal is and why breakfast is important.

**Bryson Bailey, 5th, Yuma Elementary, Ms. Mullins**

The reason why breakfast is important is because it is your first meal of the day and you need to start the day off right. First, breakfast is the most important meal of the day because it is the most nutritious. Second, people that don't eat breakfast are just out of energy when they go to work so it is very important to eat breakfast. Lastly, by not eating breakfast can mess up your bodies flow because it is missing that first meal of the day. Therefore, breakfast is very, very important to start your day off right.

**Tyler Fannon, 7th, Pennington Middle, Mrs. Clark**

Breakfast is the most important meal of the day! My personal favorite breakfast is pancakes and sausage with a glass of milk. It's important to eat breakfast because you need protein to make it through the day without being tired or hungry. Breakfast helps you wake up a lot faster, too! But who doesn't love some syrup covered pancakes in the morning? So, why skip it?

**Lamore Tucker, 6th, Powell Valley Middle, Ms. Johnson**

My favorite breakfast is doughnuts. I like doughnuts because they are sweet. They make me happy. It starts your day.

**Emma Belmonte, 1st, Hilton Elementary, Mrs. Light**

My favorite breakfast is eggs and pancakes. I think breakfast is important because you will get hungry if you don't eat and you will start eating snacks and

won't eat lunch. Eating breakfast helps you to not get hungry during the day.

**Cheyenne Carrier, 2nd, Hilton Elementary, Mrs. Rhoton**

My favorite breakfast foods are sausage, strawberries, and chocolate milk. The reason it is important to have breakfast is it gives energy for the day. It keeps you from getting hungry or "hangry" as my family calls it. Finally, it makes you think better. That is why it is important to have breakfast.

**Gabe Huff, 2nd, Rock Springs Elementary, Dr. Adler**

The first week of March is National School Breakfast week. It's not only the first week of March that we should get a healthy breakfast, it's every day! Why should we get a healthy breakfast? Because it is the most important meal of the day! It helps us stay focused at work or school and it gives us our protein and helps our bones, but that's if you eat a good breakfast. My favorite breakfast foods are eggs with toast, oatmeal and orange juice. Here is another one, strawberries with yogurt and granola. So we should all eat a good breakfast every day to help us stay strong and focus.

**Madyson Large, 6th, Weber City Elementary, Mrs.Sanders**

My favorite breakfast foods are bacon, pancakes, and eggs. My mom always makes breakfast on weekend mornings. She makes bacon and eggs which are my favorite besides pancakes. Sometimes I help her, but most of the time, I'm asleep, so she wakes me up and tells me to set the table. I love the weekends!

**Maddie Norman, 5th, Weber City Elementary, Mrs. Webb**

This is my favorite breakfast. WAFFLES! or french toast. They are my favorite because you can put syrup on them and syrup is good. Also, breakfast is important because without it you do not get the nutrients without breakfast.

**Nathan Johnson, 6th, Elydale Elementary, Mrs. Barnes-Smith**

My favorite breakfast meal is gravy and biscuit, sausage, bacon, and eggs. I think it is important because you need a big pure breakfast. If you don't have a good breakfast your brain does not function right and your whole day is messed up. Another reason is that you don't want to be in class and your stomach growl. I wonder what I will have for breakfast tomorrow.

**Madison Bailey, 5th, Elydale Elementary, Mrs. Barnes-Smith**

I love breakfast it is so good! My favorite breakfast is Capt'n Crunch it is the best cereal ever. My other favorite breakfast is Pal's gravy covered biscuits. Breakfast is important because it is the morning meal that gets us up and running. In conclusion that is why breakfast is important in the mornings.

**Landon Covely, 4th, Miller Perry Elementary, Mrs.Jeffers**

My favorite breakfast food is biscuits and cream of wheat with strawberries and bananas. This helps me stay focused during the day and gives me enough time to leave in the morning. It is very important to have a healthy balanced breakfast. Studies have shown that children who do not eat breakfast are more prone to tooth decay and have a higher risk of becoming obese in life. The reason why is because, without food in the morning, people tend to grab chocolate or other snacks at night. This leads to overeating and weight gain. Even a small amount of fruit in the morning will suffice for running on empty.

**Aleah Litton, 7th, Powell Valley Middle, Ms. Johnson**

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