

# Hear the Maryland Crunch!

## Healthy Breakfast BINGO

### Word List

1% or skim milk

100% Fruit juice

Almond butter

Almond milk

Almonds

Apple

Banana

Blueberries

Cantaloupe

Carrots

Clementines

Cottage cheese

Cream of wheat

Dried cranberries

Dried fruit

Egg sandwich

Eggs

Fruit

Fruit smoothie

Grapefruit

Hard-boiled egg

Kiwi fruit

Lean meat

Low-fat cheese

Low-fat cream cheese

Nectarines

Oatmeal

Omelet

Oranges

Peaches

Peanut butter

Peanuts

Pear

Pecans

Raisins

Raspberries

Soy milk

Strawberries

Tea

Walnuts

Water

Watermelon

Whole-grain bagel

Whole-grain bread

Whole-grain french toast

Whole-grain low sugar cereal

Whole-grain muffin


Whole-grain pancakes

Whole-grain waffles


Yogurt




**Hear the Maryland Crunch!  
HEALTHY BREAKFAST BINGO**

Tea	Whole-grain bagel	Nectarines	Almonds	Egg sandwich
Whole-wheat bread	Whole-grain pancakes	Carrots	Apple	Raspberries
Fruit smoothie	Oranges		Water	Cream of wheat
Low-fat cream cheese	1% or skim milk	Lean meat	Peaches	100% Fruit juice
Oatmeal	Peanuts	Walnuts	Pear	Blueberries


**Hear the Maryland Crunch!  
HEALTHY BREAKFAST BINGO**

Nectarines	Omelet	Peaches	Clementines	Whole-grain bagel
Banana	1% or skim milk	Yogurt	Water	Eggs
Low-fat cheese	Whole-grain waffles		Cream of wheat	Cantaloupe
Blueberries	Kiwi fruit	Whole-grain french toast	Almonds	Tea
Peanut butter	Lean meat	Strawberries	Whole-grain pancakes	Peanuts


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HEALTHY BREAKFAST BINGO**

Blueberries	Whole-grain low sugar cereal	Low-fat cream cheese	Whole-wheat bread	Whole-grain muffin
Clementines	Low-fat cheese	Yogurt	Grapefruit	1% or skim milk
Pecans	Whole-grain waffles		Peanuts	Nectarines
Raspberries	Carrots	Fruit smoothie	Whole-grain pancakes	Pear
Walnuts	Kiwi fruit	Oranges	Hard-boiled egg	Cantaloupe


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HEALTHY BREAKFAST BINGO**


Peanut Butter	Omelet	Whole-grain low sugar cereal	Grapefruit	Cream of wheat
Egg sandwich	Peanuts	Whole-grain waffles	Oatmeal	Low-fat cheese
Blueberries	Eggs		Watermelon	Peaches
Strawberries	Kiwi fruit	Carrots	Cantaloupe	Raisins
Soy milk	Whole-grain pancakes	100% Fruit juice	Lean meat	Fruit smoothie


**Hear the Maryland Crunch!**  
**HEALTHY BREAKFAST BINGO**

Whole-grain bagel	Oranges	Tea	Watermelon	Whole-grain muffin
1% or skim milk	Raisins	Low-fat cheese	Peanut butter	100% fruit juice
Cottage cheese	Whole-wheat bread		Water	Pear
Grapefruit	Carrots	Almond milk	Whole-grain waffles	Yogurt
Peanuts	Fruit	Banana	Egg sandwich	Pecans


**Hear the Maryland Crunch!**  
**HEALTHY BREAKFAST BINGO**

Pear	Dried fruit	Almonds	Whole-grain waffles	Raspberries
Fruit smoothie	Pecans	Whole-grain muffin	Kiwi fruit	Soy milk
Strawberries	Water		Low-fat cheese	Whole-grain bagel
Cottage cheese	1% or skim milk	Whole grain french toast	Clementines	Low-fat cream cheese
Almond butter	Dried cranberries	Watermelon	Egg sandwich	Peanut butter


<b>Hear the Maryland Crunch!</b> <b>HEALTHY BREAKFAST BINGO</b>				
Apple	Almond butter	Fruit smoothie	Low-fat cheese	Yogurt
Kiwi fruit	Almonds	Eggs	Dried fruit	Peanuts
Oatmeal	100% Fruit juice		Peanut butter	Oranges
Watermelon	Whole-grain french toast	Cream of wheat	Pecans	Grapefruit
Blueberries	Lean meat	Whole-grain muffin	Clementines	Dried cranberries

<b>Hear the Maryland Crunch!</b> <b>HEALTHY BREAKFAST BINGO</b>				
Water	Whole-wheat bread	Almond butter	Whole-grain french toast	Pecans
Whole-grain muffin	Whole-grain pancakes	Soy milk	Hard boiled egg	1% or skim milk
Pear	Almond milk		Carrots	Whole-grain bagel
Oatmeal	Cottage cheese	Fruit	Banana	Peanut butter
Clementines	Cream of wheat	Low-fat cream cheese	Grapefruit	Tea


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HEALTHY BREAKFAST BINGO**

Cream of wheat	Oatmeal	Banana	Raspberries	Soy milk
Watermelon	Whole-grain muffin	Kiwi fruit	Oranges	Water
Walnuts	Omelet		Pear	Dried fruit
Whole-grain pancakes	Eggs	Fruit smoothie	Egg sandwich	Yogurt
Clementines	Whole-wheat bread	Hard-boiled egg	Pecans	Raisins


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HEALTHY BREAKFAST BINGO**

Raisins	Whole-grain low-sugar cereal	Walnuts	Low-fat cream cheese	Fruit smoothie
Dried fruit	Apple	Lean meat	Kiwi fruit	Tea
Banana	Whole-grain waffles		Carrots	Water
Grapefruit	Almond milk	Oranges	Hard-boiled egg	Raspberries
Egg sandwich	Oatmeal	Whole-grain french toast	Almond butter	1% or skim milk


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HEALTHY BREAKFAST BINGO**

Peanut butter	Whole-grain french toast	Nectarines	Almonds	Whole-grain waffles
Cantaloupe	Cream of wheat	Blueberries	Omelet	Peaches
Raspberries	Soy milk		Raisins	Fruit smoothie
Lean meat	Kiwi fruit	Low-fat cheese	Dried fruit	Pear
Oatmeal	Dried cranberries	Clementines	100% Fruit juice	Cottage cheese


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Whole-grain bagel	Carrots	Fruit smoothie	Strawberries	Dried cranberries
Almonds	Hard-boiled egg	Low-fat cream cheese	Cantaloupe	Soy milk
Low-fat cheese	Almond butter		Clementines	Nectarines
Pecans	Whole-grain pancakes	Peaches	Oatmeal	Dried Fruit
Raspberries	Whole-grain french toast	Tea	Grapefruit	Peanuts

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Dried cranberries	Water	Cream of wheat	Whole-grain waffles	Tea
Watermelon	Whole-grain pancakes	Strawberries	Peanut butter	Almonds
Raisins	Soy milk		Clementines	100% fruit juice
Oranges	Pecans	Dried Fruit	Peaches	Carrots
Raspberries	Walnuts	Lean meat	Banana	Cottage Cheese

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Fruit smoothie	Cottage cheese	Oranges	Yogurt	Carrots
Low-fat cream cheese	Kiwi fruit	Walnuts	Whole-grain low sugar cereal	Whole-wheat bread
Raspberries	Almonds		Cantaloupe	Whole-grain waffles
Whole-grain muffin	Peanuts	Whole-grain pancakes	Lean meat	Low-fat cheese
Dried fruit	Cream of wheat	100% fruit juice	Peanut butter	Whole-grain bagel




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Hard-boiled egg	Lean meat	Pecans	100% Fruit juice	Cantaloupe
Cottage cheese	Pear	Tea	Raisins	Dried fruit
Oranges	Fruit smoothie		Clementines	1% or skim milk
Eggs	Whole-grain pancakes	Strawberries	Whole-grain muffin	Cream of wheat
Omelet	Low-fat cheese	Yogurt	Low-fat cream cheese	Fruit


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Peanuts	Tea	100% Fruit juice	Yogurt	Banana
Raisin	Oranges	Dried fruit	Nectarines	Cottage cheese
Pecans	Almond butter		Peanut butter	Peaches
Watermelon	Carrots	Strawberries	Omelet	Almond milk
Almonds	Whole-grain waffles	Blueberries	Fruit smoothie	Whole-grain french toast


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Low-fat cheese	Strawberries	Apple	Pecans	Carrots
Kiwi fruit	Walnuts	Pear	Raspberries	Low-fat cream cheese
Peanut butter	Hard-boiled egg		Cream of wheat	Fruit smoothie
Egg sandwich	Raisins	Whole-wheat bread	1% or skim milk	Dried cranberries
Whole-grain bagel	Fruit	Lean meat	Whole-grain pancakes	Nectarines


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**HEALTHY BREAKFAST BINGO**

Cream of wheat	Walnuts	100% Fruit juice	Dried fruit	Omelet
Whole-grain low sugar cereal	Nectarines	Whole-grain bagel	Cantaloupe	Low-fat cream cheese
Lean meat	Fruit smoothie		Whole-grain french toast	Peaches
Whole-wheat bread	Whole-grain muffin	Banana	Oranges	Almonds
Pecans	Tea	Eggs	Hard-boiled egg	Fruit


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Lean meat	Walnuts	Whole-wheat bread	Cream of wheat	Dried fruit
Low-fat cheese	Peanut butter	Almond milk	Soy milk	1% or skim milk
Eggs	Low-fat cream cheese		Cottage cheese	Almond butter
Fruit smoothie	Kiwi fruit	Tea	Cantaloupe	Strawberries
Egg sandwich	Whole-grain french toast	100% Fruit juice	Peaches	Raisins


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Whole-grain waffles	Hard-boiled egg	Whole-grain french toast	Dried Cranberries	Nectarines
Peanuts	Low-fat cheese	Carrots	Cream of wheat	Cottage cheese
Tea	Whole-wheat bread		Grapefruit	Cantaloupe
Fruit	Walnuts	100% Fruit juice	Peaches	Pecans
Raisins	Strawberries	Eggs	Lean meat	Water


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Almond butter	100% fruit juice	Water	Kiwi fruit	Cottage cheese
Fruit smoothie	Tea	Eggs	Dried fruit	Cream of wheat
Whole-grain waffles	Carrots		Whole-grain low sugar cereal	Almond milk
Omelet	Low-fat cream cheese	Low-fat cheese	Almonds	Oranges
Fruit	Nectarines	Pecans	Egg sandwich	Raisins


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Carrots	Raisins	Fruit	Pear	Whole-grain waffles
Whole-grain muffin	Clementines	Water	Almond butter	Almonds
Peanut butter	Whole-grain french toast		Walnuts	Cream of wheat
Cantaloupe	Lean meat	Apple	Low-fat cream cheese	Pecans
Cottage cheese	Watermelon	Banana	Omelet	Soy milk


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Soy milk	Pear	Hard-boiled egg	Whole-grain pancakes	Nectarines
Egg sandwich	Kiwi fruit	Apple	Dried cranberries	Oatmeal
Oranges	Walnuts		Cantaloupe	Lean meat
Raspberries	Peaches	Almond butter	Fruit smoothie	Cottage cheese
Whole-grain low sugar cereal	Cream of wheat	Tea	Peanut butter	Whole-grain bagel


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Pear	Raspberries	Omelet	Lean meat	Whole-grain bagel
Whole-grain pancakes	Egg sandwich	Cantaloupe	Whole-grain low sugar cereal	Carrots
Strawberries	Peanut butter		Dried fruit	Fruit
Dried cranberries	Whole-grain muffin	Water	Low-fat cream cheese	Whole-grain french toast
Eggs	Whole-grain waffles	Peaches	Pecans	Blueberries


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Carrots	Almond milk	Pear	Whole-grain bagel	Whole-grain french toast
Whole-grain muffin	Omelet	Clementines	Grapefruit	Peanuts
Watermelon	Whole-grain waffles		Whole-grain pancakes	Cream of wheat
Almond butter	Water	Nectarines	Strawberries	1% or skim milk
Raisins	Banana	Cottage cheese	Pecans	Hard-boiled egg


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Blueberries	Lean meat	Whole-grain muffin	Dried cranberries	Strawberries
1% or skim milk	Kiwi fruit	Cottage cheese	Whole-grain low sugar cereal	Peanuts
Clementines	Dried fruit		Low-fat cream cheese	Oatmeal
Peaches	Peanut butter	Almonds	Watermelon	Eggs
Yogurt	Fruit smoothie	Apple	Raisins	Tea

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Cream of wheat	Tea	100% fruit juice	Nectarines	Oatmeal
Soy milk	Whole-grain french toast	Eggs	Strawberries	Egg sandwich
Fruit smoothie	Cantaloupe		Water	Whole-grain low sugar cereal
Hard-boiled egg	Whole-grain bagel	Whole-grain muffin	Pear	Peaches
Lean meat	Fruit	1% or skim milk	Kiwi fruit	Whole-wheat bread

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Fruit	Fruit smoothie	Watermelon	Oranges	1% or skim milk
Eggs	Dried cranberries	Lean meat	Hard-boiled egg	Almond milk
Low-fat cheese	Grapefruit		Whole-grain waffles	Blueberries
Banana	Cream of wheat	Egg sandwich	Soy milk	Strawberries
Raisins	Low-fat cream cheese	Raspberries	Omelet	Dried fruit