# BREAKFAST!

This outer part of the grain is high in fiber

Sunny-side up, scrambled, or over-easy

You can eat your cereal dry, but it's better with __

Thin or thick sliced, it's fried and crispy

The English like theirs done on one side

Cereal can be made from corn, rice, oats or __

A healthier alternative to donuts; great with cream cheese

Adding __ slices to your cereal can add some fruit and flavor

Generic term for breakfast in a box

For a lot of people this is the most important part of breakfast

An office favorite, but not the most nutritious breakfast

This version of toast is battered and fried

Fresh __ are high in vitamin C and are very healthy

Real men don't eat __, or so they say

Dairy product available in a hundred flavors

Small or large, they usually have their own paper cup

Slow-cooked or instant, it comes in different flavors

Breakfast foods high in __ can help you avoid the sugar rush

An alternative to bacon

Belgian or square; cover with syrup or berries and cream

A French bread type that is best when fresh

Breakfast __ have become popular at fast food restaurants

Brand name for little round O's, great for kids

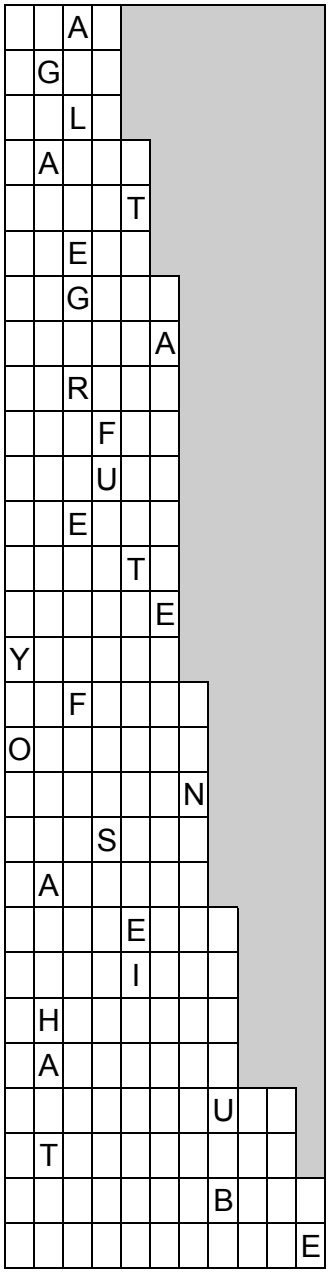
They have several names: flapjacks, hotcakes, __

You might use a special spoon for this; watch out for squirts

Probably the most common breakfast berry

Not always tasty, but you can eat them in the car or at work

A very popular breakfast drink



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Enter unused letters from puzzle, in order:

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Copy boxed letters to form your hidden message:

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