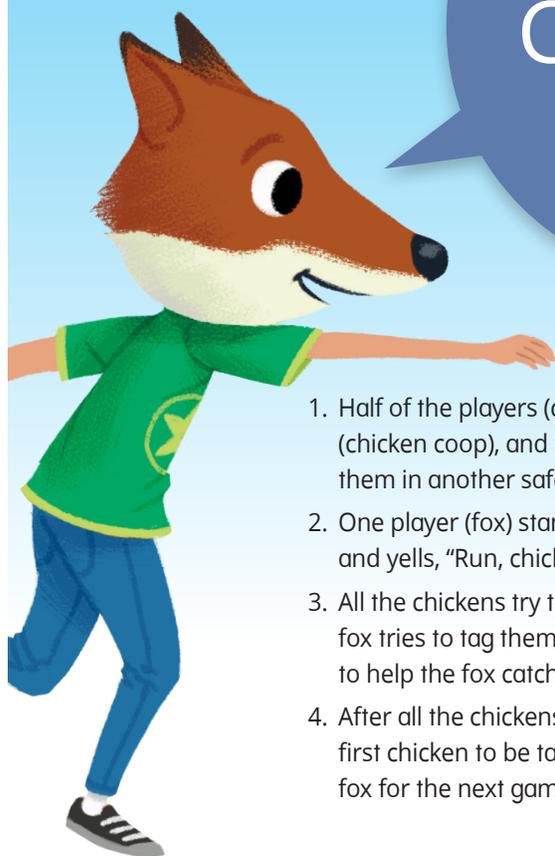
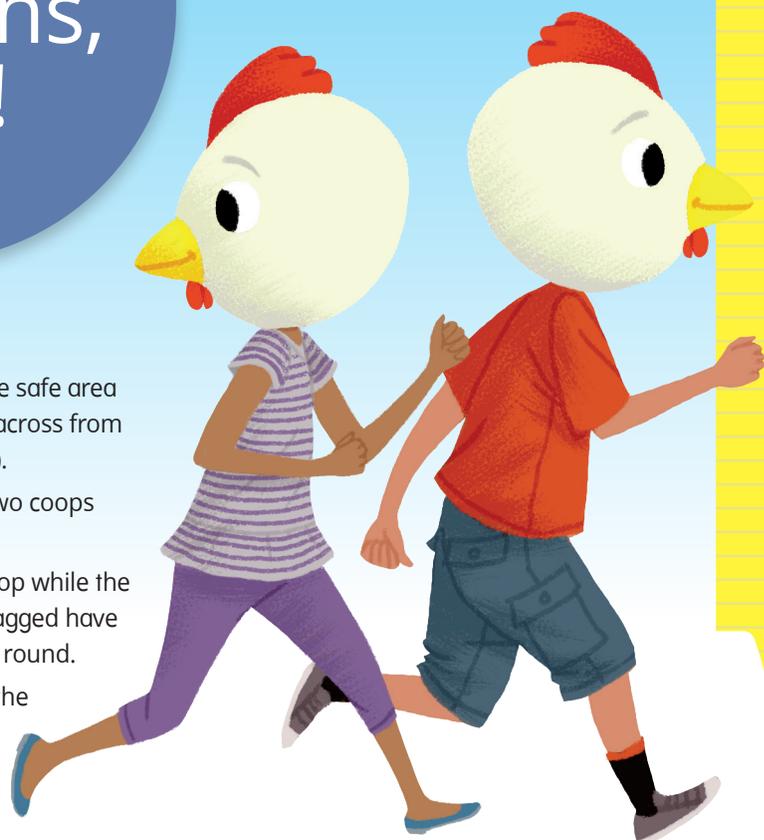


Run, Chickens, Run!



1. Half of the players (chickens) stand in one safe area (chicken coop), and the other half stand across from them in another safe area (chicken coop).
2. One player (fox) stands in between the two coops and yells, "Run, chickens, run!"
3. All the chickens try to run to the other coop while the fox tries to tag them. Chickens who get tagged have to help the fox catch chickens in the next round.
4. After all the chickens have been caught, the first chicken to be tagged becomes the fox for the next game.



Busy-Morning Muffins



- 6 slices of bread**
- 10 eggs**
- 1 tablespoon milk**
- 1/2 cup cubed ham, or crumbled bacon or sausage**
- 1/4 cup chopped veggies (red or yellow pepper, mushrooms, or spinach)**
- 1 cup shredded cheese**

1. Heat oven to 350°F (175°C). Grease a muffin pan with cooking spray or butter.
2. Use a small glass to cut 12 rounds of bread to press into the muffin cups.
3. Beat the eggs and milk in a bowl. Stir in the meat, veggies, and 1/2 cup of the cheese.
4. Pour 1/4 cup of the mixture into each muffin cup. Sprinkle the rest of the cheese on top. Bake for 10–12 minutes.
5. After they cool, put the muffins in an airtight container in the fridge or freezer. Then pop them into the microwave for a quick, yummy breakfast!