

Breakfast Ideas



Baked Items

- Aloha Muffin Square^{1,3}
- Cranberry Bar⁹
- Peach Muffin Squares⁹
- Walnut Breakfast Cookie⁹
- Muffin Squares⁶
- Oatmeal Applesauce Bars⁶
- Oatmeal Muffin Squares (variations: Peach; Blueberry)²
- Raisin Breakfast Pastry⁶
- Raisin Cinna Twists⁶
- Scrumptious Coffee Cake^{1,3}

Breads

- Angel Biscuits WGR³
- Go Bananas! Bread⁵
- Quick Blueberry Bubble Bread³
- Sweet Potato-Plum Bread Squares²
- Whole Wheat Bread³
- Whole Wheat Cinnamon Rolls¹⁰

Breakfast Sandwiches

- Biscuit Breakfast Sandwich³
- Breakfast Pita^{1,3}
- Kangaroo Sandwich⁹
- Grilled Breakfast Sandwich⁷
- Honey Cream and Fruit Breakfast Wrap (Land O'Lakes)¹

Eggs

- Cheese Strata¹
- Cheesy Broccoli Omelet¹
- Eggs in a Nest¹
- Excellent Egg Tacos^{1,3}
- Quiche with Self-Forming Crust²
- Western Omelet Quesadilla^{1,3}

French Toast

- Baked French Toast Strips³
- Peaches 'N Cream French Toast (top with vanilla yogurt and peach slices)
- Serve with a bowl of fruit puree for dipping sticks
- Strawberry Jumpin' French Toast^{1,5}
- French Toast with Spiced Apple Topping²

Frittata

- Frittata Pocket
- Spanish Broccoli Frittata^{1,4}

Get creative.
Mixing different fresh, frozen, canned, or dried fruit into baked goods or using as topping for pancakes, waffles, and French toast can make big differences in flavor and appearance.



Fruit

- Apples and Bananas³
- Fresh Citrus Fruit Cup³
- Fresh Mixed Fruit Cup³
- Strawberry Yogurt Breakfast Split^{1,4}
- Sunrise Smoothie³
- Very Merry Berries⁵

Hot Cereals

- “Golden Porridge” Oatmeal^{1,5}
- “Golden Apple” Oatmeal^{1,4}
- “Superstar Breakfast” Cereal^{1,5}
- Cran-Orange Sunrise Porridge with Toasted Almonds⁸
- Cream of Wheat/Malt O’Meal
- Hot Multigrain Cereal with Blueberries and Bananas⁸
- Quinoa Blueberry Cereal⁸
- Sweet Couscous⁸

Smoothies can be a fun and nutritious breakfast item. Remember, though, that they only contribute to the milk and fruit portions of meal pattern requirements, and that the pureed fruit must be counted as juice.



Muffins

- Banana Cranberry Muffins⁹
- Banana Whole Wheat Muffins^{1,10}
- Basic Whole Wheat Muffins^{1,10}
- Cherry Oatmeal Muffins
- Mega Muffins^{1,5}
- Pumpkin Muffins¹
- Pumpkin Chocolate Chip Muffin³
- Raisin Cinnamon Muffins¹
- Two-Grain Raisin Muffins⁶

Pancakes

- Banana Pancakes¹
- Johnny Applesauce Pancakes⁵
- Pumpkin Patch Pancakes^{1,5}
- Spiced/Gingerbread Pancakes^{1,5}
- Star Spangled Pancakes^{1,3}



Remember your audience.
Top layers of fruit and low fat yogurt with kid friendly cereal to make parfaits more appealing to younger students (i.e., Cocoa Puffs or Trix)

Parfait

- Breakfast Sundae^{1,3}
- Harvest Yogurt Granola Cup¹
- Fruity Breakfast Parfait^{1,4}
- Granola¹

Waffles

- Breakfast Lasagna^{1,3}
- Fruit on a Raft^{1,4}
- PB&J

Miscellaneous Hot Entrees

- Banana 'n Honey Toasted English Muffins⁹
- Biscuit and Gravy³
- Breakfast Bake³
- Breakfast Burrito with Salsa^{1,2}

¹Team Nutrition—Healthy Meals

http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php?course=4&search_type=power&mode=results&submit=Search

²USDA Recipes for Schools (CN Labeled)

<http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cELEPTEwMiZpc01ncj10cnVI>

³Healthier Kansas Breakfast Recipes (CN Labeled)

http://www.kn-eat.org/SNP/SNP_Docs/SNP_Resources_Healthier_Kansas_Menus/HKM_Bkfst_Recipes_Jan_2011.pdf

⁴Fruit and Veggie Quantity Cookbook (CN Labeled)

www.dhhs.nh.gov/dphs/nhp/obesity.htm

⁵Delaware Department of Education–CACFP

<http://healthymeals.nal.usda.gov/hsmrs/Delaware/nhpsmenuplanning.pdf>

⁶California Raisin Recipes

<http://www.calraisins.org/recipe-category/school-foodservice/>

⁷American Egg Board(CN Labeled)

<http://www.aeb.org/foodservice-professionals/recipes/featured-recipes?sections=1,5>

⁸Whole Grains Recipes for Foodservice—2012 Edition

<http://www.wholegrainscouncil.org/files/WGFoodserviceRecipes2012.pdf>

⁹Ohio Department of Education–Creative Recipes (CN Labeled)

<http://education.ohio.gov/GD/DocumentManagement/DocumentDownload.aspx?DocumentID=13482>

¹⁰Hawaii Team Nutrition Whole Grain Recipes

<http://healthymeals.nal.usda.gov/hsmrs/Hawaii/Whole%20Grain%20Recipes%20and%20Nutrient%20Analysis.pdf>

Sample menu from Kansas State Department of Education, for *HealthierUS* School Challenge

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Weekly Nutrient Averages |
|---|--|--|--|--|---|
| WEEK 1 | | | | | K-12 |
| Aloha Muffin Square Whole Grain Cereal Grapes Milk Choice | Star Spangled Pancakes Sausage Links Fruit Juice Choice Milk Choice | Whole Wheat Bagel with Toppings Fresh Orange Milk Choice | Breakfast Pita with Tomato Salsa Hash Brown Potatoes Kiwi Milk Choice | Breakfast Lasagna Fruit Cocktail Milk Choice | Calories 557 Cholesterol (Mg) 35 Sodium (Mg) 904 Fiber (G) 5.48 Iron (Mg) 3.95 Calcium (Mg) 546.3 Vitamin A (IU) 1092 Vitamin C (Mg) 50.22 Protein (G) 21.45 Carbohydrate (G) 87.02 Total Fat (G) 13.02 Saturated Fat (G) 3.18 |
| WEEK 2 | | | | | |
| Cereal Bar String Cheese Fresh Citrus Fruit Cup Milk Choice | Baked French Toast Strips with Syrup Strawberries & Bananas Milk Choice | Western Omelet Quesadilla with Tomato Salsa Potato Rounds Fresh Pear Milk Choice | Scrumptious Coffeecake Sunrise Smoothie Graham Crackers Milk Choice | Biscuit and Gravy Apricots Fruit Juice Choice Milk Choice | Calories 554 Cholesterol (Mg) 59 Sodium (Mg) 676 Fiber (G) 5.45 Iron (Mg) 3.00 Calcium (Mg) 533.1 Vitamin A (IU) 1282 Vitamin C (Mg) 31.51 Protein (G) 18.38 Carbohydrate (G) 97.44 Total Fat (G) 10.47 Saturated Fat (G) 3.38 |
| WEEK 3 | | | | | K-12 |
| Oatmeal Breakfast Round Banana Milk Choice | Whole Grain Waffles with Syrup Sausage Links Mandarin Oranges Milk Choice | Breakfast Sundae Raisins Fruit Juice Choice Milk Choice | Whole Grain Cheese Pizza Fresh Mixed Fruit Cup Milk Choice | Breakfast Bake with Tomato Salsa Whole Wheat Toast Grapes Milk Choice | Calories 591 Cholesterol (Mg) 42 Sodium (Mg) 643 Sodium (Mg) 6.26 Fiber (G) 3.28 Iron (Mg) 498.7 Calcium (Mg) 1123 Vitamin A (IU) 22.51 Vitamin C (Mg) 21.32 Protein (G) 102.63 Carbohydrate (G) 11.87 Total Fat (G) 3.47 Saturated Fat (G) |

Back to the Basics—The USDA’s Food and Nutrition Services department identifies these as some nutritious options for breakfast menus:

| Meat/Meat Alternate | Grains/Breads | Fruit/Vegetable | Mixed Dishes |
|------------------------|---------------------|------------------|---------------------------|
| Hard-boiled eggs | Dry cereal | Apple wedges | Toasted cheese sandwich |
| Sausage links or patty | Pita bread | Banana | Cheese and egg omelet |
| Ham slice | Hot cereal | Grapes | Peanut butter on toast |
| Cottage cheese | Biscuits | Orange wedges | Breakfast pizza |
| Turkey sausage | Muffins | Applesauce | Cheese and egg casserole |
| Canadian bacon | Bagels | Peaches | Breakfast burrito |
| String cheese | Raisin toast | Fruit cocktail | Egg and bagel sandwich |
| Peanut butter | Waffles | Pineapple | Peanut butter and apples |
| Yogurt | French toast | Pears | Pancake and sausage kabob |
| Scrambled eggs | Pancakes | Fruit cup | |
| Cheese cubes | French toast sticks | Melon | |
| | Granola | Raisins | |
| | Coffee cake | Strawberries | |
| | Quick breads | Vegetable juice | |
| | Graham crackers | 100% fruit juice | |
| | Sweet rolls | Hashbrowns | |

Remember: ½ cup (4 fluid ounces) of dairy or soy yogurt = 1.0 ounce equivalent meat alternative



Short-Cuts! Reduce prep time and sub in some ready-made items:

Bars

| | |
|---|--------|
| 28175 Golden Grahams | 1 BE |
| 28176 Apple Cinnamon Cheerios | 1 BE |
| 58369 Cinn Cookie Dough Breakfast Round WGR | 2 BE |
| 28013 Nutrigrain Strawberry Yogurt Bars WGR | .75 BE |
| 28020 Nutrigrain Apple Cinnamon Bars WGR | .75 BE |

Biscuits and Bagels

| | |
|---|---------|
| 51286 Pillsbury Baked Mini Biscuit WGR 1 oz | 1 BE |
| 54069 Baker Boy Baked Biscuit WGR 2.3 oz | 2.25 BE |
| 55048 White Bagel WGR | 2.25 BE |

Breakfast Pizza

| | |
|--|----------------------------|
| 56541 Tony's Turkey Sausage Breakfast Pizza WGR | 1.5 BE, 1 M/MA |
| 56087 Dble Stuff Sausage & Gravy Brkfast Pizza WGR | 3 BE, 2 M/MA, 1/8 cup Veg. |

Egg and Cheese

| | |
|---|------------------|
| 56671 El Monterey Egg & Sausage Breakfast Burrito | 2.5 BE, .95 M/MA |
| 58349 Egg, Turkey, and Cheese Quesadilla | 2 BE, 1.25 M/MA |
| 58285 Colby Cheese Egg Omelet | 2 oz M/MA |

French Toast, Etc.

| | |
|---|--------------|
| 51287 Pillsbury Mini French Toast Homestyle Maple | 1 BE, 1 M/MA |
| 55702 Pillsbury Mini Pancakes Maple Burstin' WGR | 2 BE |
| 133005Krusteaz French Toast, Regular Cut | 3 BE |
| 58716 Pancake and Sausage on a Stick | 1BE, ½ M/MA |
| 58717 Breakfast Bites | 1 BE, 1 M/MA |
| 54068 Cinnamon Roll Mini Cinnis WGR, I/W | 2 BE |

Fruit Filled

| | |
|--|---------------|
| 57388 Pillsbury Frudel Apple WGR | 2 BE |
| 57389 Pillsbury Frudel Cherry WGR | 2 BE |
| 58480 Bosco Apple Bread Stick Hi Fiber | 2 BE, ¼ Fruit |
| 56643 Apple Cinnamon Tornado | 1.5 BE |

Sausage

| | |
|---|--------------|
| 52597 Pork Frozen Sausage Patty 2 oz (2 ea) | 1.75 oz M/MA |
| 52628 Pork Frozen Sausage Link 1 oz (3 ea) | 1.25 oz M/MA |
| 52640 Pork Frozen Sausage Link 1 oz SM Reg (3 ea) | 1.25 oz M/MA |
| 52646 Pork Sausage Patty Precooked 2 oz (1 ea) | 1 oz M/MA |
| 52647 Pork Sausage Patty Precooked 1.5 oz (1 ea) | .75 oz M/MA |

Muffin Batter

| | |
|---|--------|
| 58767 Pillsbury Blueberry Muffin Batter | .75 BE |
|---|--------|