

Breakfast Ideas

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| Eggs | Scrambled (P) |
| | Hard-boiled (P) |
| | Omelet, whole eggs or egg whites.....add veggies, cheese, and onions (P and CC) |
| | Egg McMuffin (on a whole wheat English Muffin) (P and CC) |
| | Breakfast Burrito (with a whole wheat tortilla) (P and CC) |
| Yogurt | Quiche (made with whole wheat flour) (P and CC) |
| | Greek yogurt, plain or flavored (P)....top with fruit or granola & sweeten with agave or honey (CC) |
| | Regular yogurt, plain or flavored (P)....top with fruit or granola & sweeten with agave or honey (CC) |
| | Yogurt Parfait (fruit, flavored yogurt, cottage cheese, and nuts) (P, CC, and HF) |
| Smoothies | Yogurt Parfait (fruit, flavored yogurt, plain Greek yogurt, and nuts) (P, CC, and HF) |
| | Berry Smoothies (P and CC) |
| | Peanut Butter and Banana smoothies (P and CC) |
| | Overnight Smoothies (P and CC) |
| Oats | Oatmeal Smoothies (P and CC) |
| | Steel Cut Oats (made with milk and sweetened with agave nectar and berries) (CC) |
| | Rolled Oats (made with milk and sweetened with agave nectar) (Kids mix in nut butter.) (CC) |
| | Overnight Refrigerated Oatmeal (P and CC) |
| Waffles, Pancakes, and Crepes | Pumpkin and Peanut Butter Oatmeal (P and CC) |
| | High Protein, Whole Wheat Waffles & 100% Maple Syrup (P and CC) |
| | High Protein, Whole Wheat Crepes & 100% Maple Syrup (P and CC) |
| | Yogurt-filled Crepes (P and CC) |
| | Whole Wheat Banana Pancakes & 100% Maple Syrup (CC) |
| Breads and Muffins | Whole Wheat Waffle Sandwich (with cream cheese and cinnamon in the middle) (P and CC) |
| | Whole Wheat Bagels (CC) (with cream cheese, peanut butter, or all-fruit jelly) |
| | French Toast & 100% Maple Syrup (made with whole wheat bread) (CC) |
| | Whole Wheat Toast (with peanut butter or all-fruit jelly) (CC) |
| | Zucchini Muffins (CC) (made with whole wheat flour) |
| | Pumpkin Muffins (CC) (made with whole wheat flour) |
| Fruit | Banana Muffins (CC) (made with whole wheat flour) |
| | Frozen: blueberries, strawberries, peaches, pineapple, 3- berry blend, & tropical fruit blend (CC) |
| | Fresh: bananas, apples, oranges, grapes, cuties, and whatever else is on sale or in season (CC) |
| Vegetables | Applesauce, natural, no sugar added (CC) |
| | Hash Browns or Fried Potatoes (CC) |
| | Sweet Potato Pancakes (CC) |
| | Chopped fresh veggies in eggs (onions, peppers, mushrooms, etc.) (CC) |
| Cereal | Hidden veggies: canned pumpkin in oatmeal or muffins, fresh spinach or kale in smoothies, shredded carrots or zucchini in muffins (CC) |
| | Cheerios, Granola, or Grape Nuts (CC) |
| Healthy Fat | Natural nut butters: peanut or almond (with toast, waffles, smoothies, or oatmeal) (HF) |
| | Nuts: pecans, walnuts, and almonds (with muffins, parfaits, or oatmeal) (HF) |
| | Chia seeds (with yogurt or smoothies) (HF) |
| | Oil (olive or coconut) and butter: (in baked goods or when cooking eggs or pancakes) (HF) |
| | Cheese: mozzarella, feta, parmesan, and cheddar (with eggs) (HF) |
| | Meats: turkey/pork bacon, turkey/pork sausage, lean ham (with eggs or as a side) (HF) |