

BREAKFAST BASICS

MINIMUM QUANTITIES FOR FOOD BASED BREAKFAST MENUS

MEAL COMPONENT	GRADES K-12	GRADES 7-12- OPTIONAL
MILK (FLUID) (As a beverage, on cereal or both)	8 oz.	8 oz.
-----	-----	-----
JUICE/FRUIT/VEGETABLE Fruit and /or vegetable Or 100% fruit or vegetable juice without added sugar	1/2 Cup	1/2 Cup

SELECT TWO GRAINS/BREADS COMPONENTS
OR
ONE GRAIN AND ONE MEAT/MEAT ALTERNATE
OR
TWO MEAT/MEAT ALTERNATES

GRAINS/BREADS		
One or Two of the following:		
Whole grain or enriched bread	1 slice	1 slice
Whole grain or enriched biscuit/roll, muffin, etc.	1 serving	1 serving
Whole grain, enriched or fortified cereal	3/4 cup or 1 oz.	3/4 cup or 1 oz. <i>Plus</i> one additional serving of Bread/Grains above
-----	-----	-----
MEAT/ MEAT ALTERNATES		
Meat/poultry or fish	1 oz.	1 oz.
Cheese	1 oz.	1 oz.
Egg (large)	1/2	1/2
Peanut butter or nut/seed butters	2 Tablespoons	2 Tablespoons
Cooked dry beans or peas	4 Tablespoons	4 Tablespoons
Nuts/seeds (no more than 1 serving/meal)	1 oz	1 oz

SUGGESTIONS

MILK

8 oz fluid milk:

Try lowfat flavored milk such as Vanilla, Chocolate or Strawberry.

Hot cocoa (made with fluid milk) is a great treat for cold weather.

FRUIT/VEG

1/2 Cup:

100% juice blends (no added sugar)
Fresh fruit such as orange smiles or apple wedges or banana w/ peanut butter dip.
Melon chunks

Frozen berries or dried fruit in vanilla yogurt parfaits

Vegetables such as hash browns or American fries in a breakfast burrito

Hot spiced apple compote with a cinnamon raisin biscuit

Raisins and other dried fruits

BREAD/GRAIN

1 or 2 servings:

Raisin Bread
Mini chocolate chip pancakes

Dried fruit granola bars

Graham crackers as a dipping stick for yogurt

Breakfast sandwiches made with any fillings on biscuits, muffins, bagels, pancakes or any grain product such as:
Toasted Breakfast sandwich of raisin bread w/ham &cheese
Pita stuffed w/ scrambled eggs n' cheese

Bulk cereal topping in place of more expensive granola

Gingerbread with fruit topping

MEAT/ALT.

1 or 2 servings:

Fruit Smoothie w/ yogurt and frozen berries
Peanut butter as a fruit dip

Pancakes and sausage on a stick

French toast sticks w/ spiced applesauce dip

Breakfast Burrito w/ eggs, cheese or spicy potatoes

Wraps w/ fruit & cheese or peanut butter fillings

Yogurt parfait w/ fruit and sunflower seeds or cocoa sunnies on top

Peanut butter and Jelly sandwich or peanut butter with jelly on toast

For more samples of healthy breakfast menu ideas, visit:
<http://www.fns.usda.gov/cnd/breakfast/expansion/samplebreakfastmenu.pdf>

Do you have some great suggestions for breakfast?
E-mail the web site and add them to our list!

www.michigansna.org