

Breakfast

Requirements for ages 6 – 18 years:

Milk – 8 oz. or 1 cup (1/2 pint)

Fruit/Vegetable – ½ cup total

Bread/grain – 1 slice or equivalent

Sample Breakfast Menus

Milk Oatmeal spiced with cinnamon and vanilla Yogurt Applesauce	Milk Cinnamon raisin biscuit Sausage Clementines	Milk Bagel Peanut butter Banana	Milk Whole grain cereal Cheese stick Cantaloupe cubes	Milk Whole grain waffle Baked ham slice Blueberries
Milk Biscuit (with gravy as an optional item) Apricots	Milk Ham Whole grain pancake Grapes	Milk Cheese breakfast pizza on English muffin Orange wedges	Milk Blueberry muffin Boiled egg Apple wedges	Milk Whole grain cereal Sausage Banana
Milk French toast sticks Sausage Pineapple cubes	Milk Biscuit Scrambled eggs Honeydew melon	Milk Whole grain cereal Banana Yogurt	Milk Oatmeal Peanut butter Orange wedges	Milk Refried bean & cheese tortilla Melon cubes