



# BREAK FOR BREAKFAST

Take A Few Minutes to Fuel Up

## Morning Medley

Start your day the smart way with a cup of oatmeal mixed with a cup of low-fat milk. Lightly sweeten it with a tablespoon of brown sugar, raisins, honey or maple syrup.

## Cereal Sensations

For a different twist, pour your favorite flavor of milk on top of your favorite cereal, mix two kinds of cereal together or add your favorite seasonal fruit.

## Sip It Up

Use cereal bowls with built-in straws to easily sip up the calcium-rich milk once the cereal is gone. If you can't find the bowls, serve cereal with a straw!

## Wrap on the Run

Put scrambled eggs, a tablespoon of salsa and shredded Cheddar cheese inside a tortilla. Fold, wrap and roll!

## Breakfast Split

Skewer a medium banana, roll in your favorite flavored yogurt and then in whole grain cereal for a creamy, crunchy start to the day.

## Patriotic Parfait

Crumble a small bran muffin in a bowl or cup. Top with low-fat vanilla yogurt, then a 1/2 cup of blueberries and sliced strawberries. Sprinkle with chopped walnuts.

## Benedict Bagel

Layer a slice of ham, Swiss cheese and a poached egg on a toasted whole-wheat bagel for a protein-packed breakfast.

## Get Moo-ving

Make a protein-packed breakfast shake by blending low-fat chocolate milk, a tablespoon of peanut butter, half a banana and some ice cubes. Or, make a smoothie with low-fat yogurt, your favorite fresh or frozen fruit and a few ice cubes. Mix in a blender.

## Whole Grain Power Mix

Mix whole grain cereal, dried fruit and nuts for a handy, on-the-go trail mix. Pair with a single-serve plastic container of your favorite milk for a nutritious snack.

## Boost Baked Goods

Add milk instead of water when preparing boxed muffins, quick bread mixes, pancakes or waffles. Or, top waffles and pancakes with your favorite flavor of yogurt and fresh fruit instead of syrup.

## Dinner for Breakfast

Who says you can't serve dinner leftovers, like pizza or macaroni and cheese for breakfast? Other non-traditional ideas include ham and cheese sandwiches, apple wedges with cheese slices, peanut butter and jelly spread on whole-grain waffles or inside a tortilla. Be sure to include a glass of ice-cold milk!

## Pressed for Time

If you're running behind, take advantage of your school's breakfast program. Consuming school breakfast can reduce children's hunger, contribute to their nutritional intake, enhance their ability to learn, help them achieve a healthy body weight and can be foundational for lifelong healthful eating habits.