



# Quick BREAKFAST Ideas

For those days when time is tight or help is limited try these ideas from other breakfast programs. They are quick to prepare and serve!

Breakfast programs should offer at least 3 food groups, one of which is a vegetable or fruit.

**Step 1:** Choose a Vegetable or Fruit  
**Step 2:** Pair it with foods from two of the other three food groups  
**Step 3:** Serve

Vegetables & Fruit	Grain Products	Milk & Alternatives	Meat & Alternatives
mini carrots cherry tomatoes cucumber snap peas celery sticks easy peel oranges fruit cup bowl of whole fruit (apple, orange, pear, plum) frozen berries bananas	whole grain crackers rice cakes whole grain toast whole grain cereal instant oatmeal whole grain bagel whole grain tortilla 	milk fortified soy beverage yogurt greek yogurt dip sliced hard cheese cheese sticks or strings cottage cheese 	boiled egg scrambled egg almonds soy based butter seed based butter peanut or almond butter roasted chickpeas roasted sunflower seeds roasted pumpkin seeds baked beans hummus

## Here are some quick breakfast ideas:

1. banana wrap made with with banana, wow butter and whole grain tortilla
2. yogurt parfait made with frozen berries, yogurt and granola topping
3. whole grain toast with warm baked beans and cherry tomatoes
4. snap peas, sliced cucumber and mini carrots with cereal and milk
5. instant oatmeal with raisins, cinnamon and milk
6. bowl of whole fruit, sliced hard cheese and whole grain toast
7. apple, toasted bagel and boiled egg
8. celery sticks, mini carrots, yogurt cup and almonds