

SAMPLE HEALTHY BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				
Whole grain bagel with low-fat cream cheese Orange Fat-free or low-fat or low-fat milk	Breakfast burrito with whole wheat tortilla Banana Fat-free or low-fat or low-fat milk	Whole wheat pancakes with turkey bacon Chunky cinnamon applesauce Fat-free or low-fat milk	Scrambled Eggs with Whole Wheat Toast Pineapple Tidbits Fat-free or low-fat milk	Strawberry yogurt shake Granola bar Orange slices Fat-free or low-fat milk
Week 2				
Whole Wheat French Toast Sticks with Turkey Sausage Cantaloupe Chunks Fat-free or low-fat milk	Assorted whole grain cereal Honeydew Chunks Fat-free or low-fat milk	Whole grain bagel with egg and cheese Banana Fat-free or low-fat milk	Assorted yogurt and granola Blueberries Fat-free or low-fat milk	Fruit/nut squares Assorted whole grain cereal Apple Slices Fat-free or low-fat milk
Week 3				
Eggs with whole wheat toast and home fries Sliced oranges Fat-free or low-fat milk	Strawberry Banana Yogurt Shake Granola Bar Apple slices Fat-free or low-fat milk	Whole wheat waffles Grapefruit sections Fat-free or low-fat milk	Breakfast Pizza on whole wheat crust Honeydew chunks Fat-free or low-fat milk	Oatmeal Assorted cereals Raisins Fat-free or low-fat milk
Week 4				
Whole grain Muffin Yogurt Banana Fat-free or low-fat milk	Whole grain bagel with peanut butter Apple slices Fat-free or low-fat milk	Yogurt and Granola Assorted whole grain cereal Banana Fat-free or low-fat milk	Scrambled Eggs with Whole Wheat Toast Pineapple Tidbits Fat-free or low-fat milk	Banana bread Assorted Cereals Orange slices Fat-free or low-fat milk