

4 Week

# Assemble-and -Serve Breakfast Plan



# Breakfast Plan – Week 1

## M Monday – Breakfast

1. Toast
2. Seed butter
3. Banana
4. Plain milk or fortified alternative

## T Tuesday – Breakfast

1. Bagel
2. Nut/seed butter
3. Orange slices
4. Plain milk or fortified alternative

## W Wednesday – Breakfast

1. Granola bar
2. Yogurt
3. Canned peaches
4. Plain milk or fortified alternative

## T Thursday – Breakfast

1. Fruit Smoothie
2. Toast
3. Boiled eggs

## F Friday – Breakfast

1. Grab 'n go Trail Mix
2. Fruit cup
3. Cheese string
4. Plain milk or fortified alternative



# Breakfast Plan – Week 2

## M Monday – Breakfast

1. Electric Skillet Breakfast Sandwich
2. Orange slices
3. Plain milk or fortified alternative

## T Tuesday – Breakfast

1. Grab 'n Go Yogurt Parfait
2. Plain milk or fortified alternative

## W Wednesday – Breakfast

1. Toast
2. Seed butter
3. Cinnamon apple slices
4. Plain milk or fortified alternative

## T Thursday – Breakfast

1. Bagel
2. Hummus packet
3. Sliced pear
4. Plain milk or fortified alternative

## F Friday – Breakfast

1. Fruit Smoothie
2. Toast
3. Seed butter



## Breakfast Plan – Week 3

### M Monday – Breakfast

1. Whole grain waffle (from frozen)
2. Yogurt
3. Sliced fruit
4. Plain milk or fortified alternative

### T Tuesday – Breakfast

1. Boiled eggs
2. Toast
3. Orange slices
4. Plain milk or fortified alternative

### W Wednesday – Breakfast

1. Fruit Smoothie
2. Toast
3. Seed butter

### T Thursday – Breakfast

1. Avocado on Toast
2. Pear slices
3. Plain milk or fortified alternative

### F Friday – Breakfast

1. Bagel
2. Cottage cheese
3. Cinnamon apple slices
4. Plain milk or fortified alternative



## Breakfast Plan – Week 4

### M Monday – Breakfast

1. Banana Breakfast Cookie
2. Yogurt
3. Plain milk or fortified alternative

### T Tuesday – Breakfast

1. Boiled egg
2. Toast
3. Sliced fruit
4. Plain milk or fortified alternative

### W Wednesday – Breakfast

1. Whole grain cereal
2. Banana
3. Sunflower seeds
4. Plain milk or fortified alternative

### T Thursday – Breakfast

1. Yogurt Parfait
2. Plain milk or fortified alternative

### F Friday – Breakfast

1. Bagel
2. Cheese slices
3. Apple slices
4. Plain milk or fortified alternatives

