

4 Week

Cooked-from- -Scratch Breakfast Plan



Breakfast Program – Week 1

M Monday – Breakfast

1. Apple Date Protein Bar
2. Yogurt
3. Plain milk or fortified alternative

T Tuesday – Breakfast

1. Bagel
2. Seed butter
3. Orange slices
4. Plain milk or fortified alternative

W Wednesday – Breakfast

1. Oatmeal
2. Yogurt
3. Blueberries
4. Plain milk or fortified alternative

T Thursday – Breakfast

1. Fruit Smoothie
2. Apple Oatmeal Muffin

F Friday – Breakfast

1. Breakfast Sandwich
2. Banana
3. Plain milk or fortified alternative



Breakfast Program – Week 2

M Monday – Breakfast

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

T Tuesday – Breakfast

1. Yogurt Parfait
2. Plain milk or fortified alternative

W Wednesday – Breakfast

1. Egg Bites
2. Toast
3. Cinnamon apple slices
4. Plain milk or fortified alternative

T Thursday – Breakfast

1. Rocky Mountain Cafe Muffins
2. Cottage cheese
3. Canned peaches
4. Plain milk or fortified alternative

F Friday – Breakfast

1. Fruit Smoothie
2. Toast
3. Seedbutter



Breakfast Program – Week 3

M Monday – Breakfast

1. French toast
2. Yogurt
3. Berry sauce
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
4. Plain milk or fortified alternative

T Thursday – Breakfast

1. Avocado Toast
2. Fruit cup
3. Plain milk or fortified alternative

F Friday – Breakfast

1. Bagel
2. Baked beans
3. Cinnamon apple slices
4. Plain milk or fortified alternative



Breakfast Program – Week 4

M Monday – Breakfast

1. Fruit Smoothie
2. Toast
3. Seedbutter

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. Pumpkin seeds
4. Plain milk or fortified alternative

T Thursday – Breakfast

1. Yogurt
2. Granola
3. Cut fruit
4. Plain milk or fortified alternative

F Friday – Breakfast

1. Breakfast Burrito
2. Apple slices
3. Plain milk or fortified alternatives

