

4 Week

# Grab'n Go Breakfast Plan



# Breakfast Plan – Week 1

## M Monday – Breakfast

1. Apple
2. Cheese string
3. Whole grain cracker packet
4. Plain milk or fortified alternative

## T Tuesday – Breakfast

1. Banana
2. Whole grain bun
3. Hard boiled egg
4. Plain milk or fortified alternative

## W Wednesday – Breakfast

1. Yogurt cup
2. Canned pears
3. Bran flakes
4. Plain milk or fortified alternative

## T Thursday – Breakfast

1. Whole grain cereal cup
2. Mandarin orange
3. Plain milk or fortified alternative

## F Friday – Breakfast

1. Bagel
2. Seed butter packet
3. Dried apple rings
4. Plain milk or fortified alternative



# Breakfast Plan – Week 2

## M Monday – Breakfast

1. Oatmeal berry muffin
2. Pear
3. Cottage cheese
4. Plain milk or fortified alternative

## T Tuesday – Breakfast

1. Hard-boiled egg
2. Multigrain bun
3. Grapes
4. Plain milk or fortified alternative

## W Wednesday – Breakfast

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

## T Thursday – Breakfast

1. Cheese slice
2. Tortilla
3. Grape tomatoes
4. Plain milk or fortified alternative

## F Friday – Breakfast

1. Rice cakes
2. Seed butter packets
3. Banana
4. Plain milk or fortified alternative



## Breakfast Plan – Week 3

### M Monday – Breakfast

1. Applesauce
2. Cheese string
3. Cereal bar
4. Plain milk or fortified alternative

### T Tuesday – Breakfast

1. Cereal cup
2. Banana
3. Yogurt cup
4. Plain milk or fortified alternative

### W Wednesday – Breakfast

1. Egg Bites
2. Fruit cup
3. Cheese string
4. Plain milk or fortified alternative

### T Thursday – Breakfast

1. Blueberry bran muffin
2. Yogurt cup
3. Mini cucumbers
4. Plain milk or fortified alternative

### F Friday – Breakfast

1. Cheese slice
2. Whole grain crackers
3. Pear
4. Plain milk or fortified alternative



## Breakfast Plan – Week 4

### M Monday – Breakfast

1. Tortilla
2. Nut or seed butter packet
3. Banana
4. Plain milk or fortified alternative

### T Tuesday – Breakfast

1. Grab n' Go Trail Mix
2. Yogurt
3. Grapes
4. Plain milk or fortified alternative

### W Wednesday – Breakfast

1. Cheese bun
2. Hard-boiled egg
3. Apples
4. Plain milk or fortified alternative

### T Thursday – Breakfast

1. Cheese String
2. Whole grain crackers
3. Plums
4. Plain milk or fortified alternative

### F Friday – Breakfast

1. Cottage cheese cup
2. Fruit cup
3. Cereal bar
4. Plain milk or fortified alternative

