



A Nutrition Resource



BREAKFAST & SNACKS

School mornings can be busy preparing to get the children to school on time. Planning ahead can help to make breakfast part of your everyday routine and will also help to have healthy snacks on hand when children come home from school hungry.

Quick and easy breakfasts

- Peanut butter and jelly sandwich on whole wheat bread
- A piece of fruit, whole grain crackers, and cheese
- Whole wheat bagel with cream cheese and a piece of fruit
- Breakfast burrito (scrambled eggs, cheese, and lightly cooked vegetables wrapped in a whole wheat tortilla)
- Yogurt and cereal parfaits: layer low-fat yogurt, unsweetened whole grain cereal, and chopped fresh or unsweetened canned fruit (bananas, peaches, etc.) in a jar, cup, or bowl.
- Smoothie or breakfast shake and whole wheat bread with peanut butter

Cost- and time-saving breakfast ideas

- Cold cereal without added sugar costs less.
- Larger sizes of cereal boxes or bags often save money.
- Top hot cereal with raisins or fruit.
- Make whole grain waffles or pancakes ahead of time and freeze. Reheat in toaster or microwave.
- Bake whole grain fruit muffins or bread and freeze. Defrost when needed.

After school snacks

Children are often hungry when they return home after school. Be prepared with healthy snacks.

Choose low-fat foods

- Whole grain crackers
- Air-popped popcorn
- Fruits and vegetables
- Low-fat yogurt parfait with fresh fruit and granola

Dairy snacks

- Whole grain crackers and cheese
- Low-fat milk or yogurt
- Grilled cheese sandwich on whole wheat bread
- Whole wheat tortilla with melted cheese

Fruits & vegetables snacks

- Carrot sticks
- Apple wedges
- Ants on a log (celery sticks with peanut butter and raisins)
- Raw veggies and hummus or bean dip
- Fresh, dried, or canned fruit

Whole grain snacks

- Whole grain cereal trail mix
- Whole grain crackers with peanut butter
- Whole grain tortillas filled with beans or peanut butter and jelly

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Oatmeal Pancakes

Yield: 4 Servings | Serving Size: 2 Pancakes

- 1 1/4 cup low-fat milk
- 1 cup oats
- 1 Tablespoon oil
- 2 eggs, beaten
- 1/2 cup flour
- 1 Tablespoon brown or white sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt

- 1) Heat griddle or skillet over medium heat.
- 2) Mix milk and oatmeal in a bowl. Let stand 5 minutes.
- 3) Add oil and eggs to the oatmeal mixture, mix well.
- 4) Stir in flour, sugar, baking powder, and salt.
- 5) Pour 1/4 cup of batter for each pancake on a lightly oiled griddle or skillet.
- 6) Turn the pancake when golden brown and bubbles form.

Tip: Make ahead and then freeze. Pull pancakes out as needed, heating in the microwave or toaster for a quick breakfast.

Peanut Butter Banana Roll-Up

Yield: 1 Servings | Serving Size: 1 Roll-Up

- 1 whole wheat tortilla
- 1 Tablespoon peanut butter
- 1 banana

- 1) Place tortilla on a flat surface. Spread peanut butter evenly over the entire wrap.
- 2) Lay banana onto the lower third portion of the wrap and gently roll it up in the wrap until it is completely covered. Press gently to allow the peanut butter to seal the wrap closed.

Nutrition Facts	
4 servings per container	
Serving size 2 pancakes (143g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 490mg	21%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 143mg	10%
Iron 2mg	10%
Potassium 242mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Nutrition Facts	
1 servings per container	
Serving size 1 roll-up (179g)	
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 49g	18%
Dietary Fiber 4g	14%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 86mg	6%
Iron 2mg	10%
Potassium 422mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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