

Hot School Breakfast Ideas

Try some of these fresh ideas to revitalize your menu and give breakfast participation a boost. Serve with fruit and a fat-free or 1% milk to create a reimbursable meal.

Pancakes & French Toast—Grab 'n' Go!

Offer whole-grain mini-pancakes, waffles or French toast with turkey sausage links with syrup in a small to-go cup for students to grab on their way to class.

Breakfast Sandwiches

Vary your sandwich grain options: hard roll, bagel, English muffin, pancakes, waffles, tortilla. Pump it up with protein: egg, cheese, turkey ham, turkey sausage or turkey bacon.

Don't forget Scrambled Eggs!

Mix them up by adding new and different ingredients. Your students will thank you!

- Cheddar Cheese & Fresh Salsa
- Veggies: onion, pepper, spinach, garlic, roasted root veggie and other seasonal favorites.
- Seasonings (Mexican, Asian, Greek, Dill & Garlic or experiment with something new)
- Diced ham, turkey or chicken



Taste Test Tips

- Request product samples from vendors to use at your taste test.
- Create a student focus group. Invite students who eat and don't eat school breakfast regularly.
- Ask your focus group run Taste Tests of their favorite items with the entire student body and report back with the results.
- Get creative! Host your taste test at a school sporting or community event that attracts both student and parents!

Breakfast Burritos

Use variations of the above as burrito fillings to use up leftovers and give a new twist to your breakfast menu.

Everyone Loves Warm Muffins

Consider making muffins from scratch or a boxed mix. Introduce some variety by trying a savory muffin! Adding ham, cheese and onion to a basic muffin mix is a great addition to your breakfast line-up.



Hot Cereal Bar

Oatmeal, cream of wheat or grits, topped with a selection of toppings, is a great way to start the day. Toppings ideas include:

- Fresh or dried fruit
- Nuts, seeds or crunchy granola
- Spices such as cinnamon and nutmeg

Cold School Breakfast Ideas

Stuck in a rut with your breakfast offerings? Combine selections from the options below for great Grab 'n' Go or Breakfast in the Classroom meals. Or, create a Breakfast Bar and let the students choose their favorite breakfast components.

Dairy

- 1% and fat-free milk
- Yogurt (served alone or include with granola and fruit for a fun breakfast parfait)
- Cheese (served alone or on a breakfast sandwich)



Whole Grains

- Mix it up! Offer a variety of grains, such as breads, rolls or bagels (whole wheat, sourdough, rye or multi-grain), wraps and pita
- Try small muffins with whole grains (banana, carrot, cranberry, bran, blueberry, English, or corn)
- Ready-to-eat cereal (varieties with large pieces can be a great Grab 'n' Go option) or cereal bars.

Promote Your Menu!

- Share the new breakfast menu with the school and community- invite local reporters, parents and others to visit school breakfast!
- Invite students to submit breakfast recipes for a recipe contest.
- Create a friendly competition that encourages students to eat school breakfast every day. Offer rewards to classes with the best participation.
- Make breakfast fun! Play music, decorate with balloons, hand out stickers, etc.

Fruit

Fresh, frozen, dried or canned in 100% fruit juice. We eat with our eyes so be sure to include a rainbow of colors to liven things up. Berries are a great way to add color to a plate!

Eggs and Meat

Hard boiled eggs (a great addition to any Grab 'n' Go breakfast that needs a protein boost)

Turkey or ham roll-ups (wrap around a slice of cheese and piece of grilled red pepper for special breakfast on the run)

Vegetables

Have leftover veggies from lunch? Include them with a variety of yogurt dips and watch them fly off your breakfast cart!



Smoothies

Smoothies are a great way to use fresh or frozen USDA fruits. Pairing a smoothie (made with milk & fruit) with a whole-grain muffin provides a popular (and reimbursable) meal for students on the go!