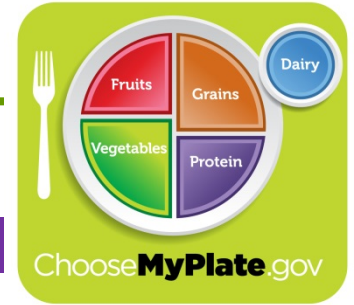


# MyPlate Breakfast Meal Ideas

BREAKFAST = WHOLE GRAINS + DAIRY + PROTEIN + FRUITS OR VEGETABLES



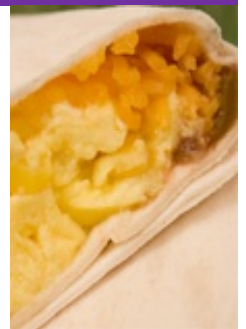
## PEANUT BUTTER



- Peanut butter and strawberries on whole wheat toast & a glass of milk
- Peanut butter spread on apple slices & a bowl of whole grain cereal with milk
- Toasted whole wheat bagel spread with peanut butter, banana slices and honey & a glass of milk
- Bowl of oatmeal with brown sugar, peanut butter and milk & a glass of apple juice

## EGGS

- Breakfast Burrito: scrambled egg, black beans, and tomato salsa wrapped in a whole wheat tortilla & a glass of milk
- Breakfast Pizza: Toasted English muffin with tomato sauce, topped with a scrambled egg, sprinkled with cheese (toast/broil to melt cheese) & a glass of water
- Toasted English muffin, a hardboiled egg, a glass of milk and a slice of melon
- Morning Classic Sandwich: Scrambled egg, a slice of American Cheese on a toasted bagel. Served with fresh apple slices.



## YOGURT & CHEESE



- Yogurt, whole wheat toast, buttered, a handful of raisins & a glass of water
- Blueberry-Banana Smoothie with toasted whole wheat bagel with butter
- Multi-grain toast with cream cheese, topped with sliced mango & a glass of milk
- Cheddar cheese melted on whole-wheat toast, orange slices & a glass of milk

## GRAINS & CEREALS

- A bowl of whole-grain cereal with milk, a banana and a glass of water
- Buckwheat pancakes with maple syrup, watermelon chunks and a glass of milk
- Carrot Cake Muffin, a handful of cashews, grapes & a glass of milk
- French Toast with maple syrup, apple sauce & a glass of milk.
- Toaster waffles spread with peanut butter, topped with strawberries & a glass of milk



## MEAT & BEANS



- Grilled ham with fresh pineapple, toast & a glass of milk
- Melt a slice of cheese on top of White Bean dip (or refried beans) spread on a toasted English Muffin. Serve with a glass of orange juice
- Smoked salmon, tomato slice and cream cheese on a toasted bagel with a glass of orange juice
- Breakfast BLT: Turkey Bacon, Lettuce, Tomato and cream cheese on toast, with a glass of apple juice