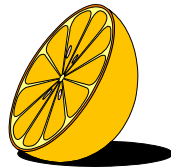


“Great Starts” Healthy Breakfast Foods



Best Breakfast Foods:

Fresh fruits and vegetables
Whole grain/wheat breads, crackers, tortillas, English muffins, bagels
Whole grain/wheat pancakes, waffles
Hot cereals such as oatmeal, cream of wheat, grits
Cold cereals: Wheaties™, Shredded Wheat™, Bran Flakes, Kashi™, Cheerios™, Raisin Bran or other whole grain cereals
Tuna sandwich with whole grain bread
Chicken salad on whole grain/wheat bread or crackers
Fruit smoothie blended with skim milk topped with granola
Eggs – vegetable omelets, hard-boiled, scrambled, sunny side up
Low-fat yogurt with fresh fruit topped with granola
Canadian bacon, vegetarian sausage
Low-fat milk, skim milk, soy milk, rice milk
100% fruit juice (4oz)
Low-fat cottage cheese with fruit
Raisins, prunes and other dried fruit (apricots, blueberries, cranberries, etc.)

Better Breakfast Foods:

Peanut butter and jelly sandwich on whole grain bread or toast
Lean ham, turkey sausage, chicken sausage
Fat free chocolate milk, strawberry milk
Low-fat toasted cheese sandwich on whole wheat bread

Good Breakfast Foods:

Breakfast cereal bars, granola bars
French toast sticks
Uncrustables™ sandwiches (whole wheat)
Low-fat pudding (chocolate, vanilla)
Bean burrito
Whole grain Lean Pockets™ (ham and cheese)
Waffles, French toast, pancakes with lite syrup

**Use Low-fat condiments

**Cold cereals should contain 10g or less of sugar per serving

Approved by the Nutrition Committee, Broward County Public Schools, 3/07