

*** BREAKFAST TIPS ***

- ⇐ Toast an English muffin, cover with scrambled eggs and top with a slice of American cheese. Microwave 15 seconds or so, until cheese is soft.
- ⇐ Breakfast taco – tortilla wrapped around a scrambled egg, low-fat cheese and picanté sauce.
- ⇐ Bagel pizza – top with pizza sauce and low-fat mozzarella cheese and heat.
- ⇐ Frozen commercial breakfast products are usually loaded with fat, calories and sodium – read labels before buying.

*** A NOTE ON CEREALS ***

Buy unsweetened cereals and sweeten with fresh fruits – bananas, strawberries or peaches. If you or your family likes sugar, use small amounts. Have children try whole-grain cereals. Encourage kids to drink the milk from their cereal.

*** FUN FOODS TO ADD TO HOT CEREALS ***

- applesauce and cinnamon
- chopped apple and cinnamon
- honey or brown sugar
- one teaspoon flavored gelatin
- 1 or 2 teaspoons instant cocoa
- cook in milk instead of water
- banana slices
- canned fruit
- jam or jelly
- maple syrup
- raisins

Start Your Day With Breakfast



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Menu Idea
Banana Roll
Milk

Banana Roll

Makes 6 servings.
(125 calories and 5 grams
of fat per serving.)



3 bananas
¼ cup peanut butter
¼ cup crushed cereal

Peel and slice bananas lengthwise. Spread cut surface carefully with peanut butter. Roll in cereal and chill until served. Variation: Spread peanut butter on a tortilla shell and roll up banana inside shell. Kids love it!

Menu Idea
Yogurt with a Crunch
Toast
Milk

Yogurt with a Crunch

Makes 1 serving.
(300 calories and 3 grams
of fat per serving.)

6 to 8 ounces plain or
flavored low-fat yogurt
¼ to ½ cup ready-to-eat
breakfast cereal
¼ to ½ cup sliced or chopped
fruit (from frozen, canned
or fresh)

Place all ingredients in a
bowl or large cup. Stir and
eat with a spoon.



Menu Idea
Breakfast Cookies
Orange Slices
Milk

Breakfast Cookies

Makes 24 cookies.
(131 calories and
7 grams of fat per cookie.)

¾ cup flour
½ teaspoon cinnamon
½ teaspoon baking powder
½ teaspoon salt
2/3 cup butter or margarine,
softened
1/3 cup brown sugar
1 egg
1 teaspoon vanilla flavoring
(optional)
1 medium apple or 1/3 cup
applesauce
1½ cups quick-cooking
oatmeal
1 cup Colby or Cheddar
cheese, shredded
¾ cup raisins (optional)



Preheat oven to 357°. Mix together the flour, cinnamon, baking powder and salt. Stir in the butter, brown sugar, egg and vanilla flavoring. Peel and core the apple; chop it into small pieces or shred it. Add apple pieces or applesauce, oatmeal, cheese and raisins. Stir. Place large spoonfuls on an ungreased cookie sheet. Bake at 375° for 15 minutes. Store in a covered container in the refrigerator.

Menu Idea
Stick to the Ribs Oatmeal
Milk

Stick to the Ribs Oatmeal

Makes 2 servings.
(250 calories and 3½ grams
of fat per serving.)

1 1/3 cup milk or water
1 cup quick-cooking rolled
oats
1/8 teaspoon salt
2/3 cup crushed pineapple or
other diced fruit
½ cup low-fat cottage cheese

Bring milk or water to a boil. Stir in oats and salt. Stir and cook over medium heat for one minute. Stir in fruit and cottage cheese. Bring mixture to a boil.



Menu Idea
Cottage Cheese Treat
Milk

Cottage Cheese Treat

Makes 1 serving.
(150 calories and 5 grams of fat per serving.)



1 slice toast or bread
2 Tablespoons chopped fruit
¼ cup low-fat cottage cheese
Cinnamon (optional)

Mix cottage cheese and fruit. Spread on toast or bread. Sprinkle with cinnamon.