

Breakfast for lunch

Let's face it - most kids love breakfast food any time of day! So why not send them off to school with breakfast for lunch?



Egg McMuffin



- ♦ English muffin with strawberry cream cheese to spread
- ♦ Hard boiled egg
- ♦ Grapes, strawberries and cubed watermelon

Pancake Sandwich



- ♦ Spread two small pancakes with cream cheese and a few raspberries, then sandwich them together and cut in four.
- ♦ Cheese stick, raspberries & blackberries
- ♦ Rice cereal
- ♦ Apple chunk

French Toast



- ♦ Cut a piece of whole wheat French toast into sticks and add a container of yogurt for dipping.
- ♦ Piece of cheese
- ♦ Banana piece (leave peel on to keep fresh)
- ♦ Whole grain cereal

Continental Feast



- ♦ Whole wheat berry muffin with cream cheese spread.
- ♦ Two rolled up ham slices
- ♦ Rice cereal
- ♦ Blueberries and pineapple pieces