

## School Breakfast Program: Menu Ideas and Resources

### Breakfast Menu Ideas

Entrees/Grains (whole grain-rich)	Meat/Meat Alternate	Fruit/Vegetable
<i>Cold Options</i>	<i>Cold Options</i>	<i>Cold Options</i>
<ul style="list-style-type: none"> <li>• Muffin</li> <li>• Bagel</li> <li>• Toast</li> <li>• Pita</li> <li>• English muffin</li> <li>• Sweet roll</li> <li>• Cold Cereal</li> <li>• Cereal bar/breakfast bar</li> <li>• Bread: Banana/Zucchini/Blueberry/ Pumpkin, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Hard-boiled egg</li> <li>• Peanut/Nut Butter</li> <li>• Cheese stick or cubes</li> <li>• Cottage Cheese</li> <li>• Yogurt</li> <li>• Yogurt and fruit parfait</li> <li>• Smoothie</li> </ul>	<ul style="list-style-type: none"> <li>• Applesauce</li> <li>• Diced fruit cup</li> <li>• Raisins</li> <li>• Fresh Fruit</li> <li>• 100% fruit or vegetable juice</li> <li>• Smoothie</li> </ul>
<i>Hot Options</i>	<i>Hot Options</i>	<i>Hot Options</i>
<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• French toast/French toast sticks</li> <li>• Pancakes</li> <li>• Waffles</li> <li>• Biscuit</li> <li>• Breakfast sandwich</li> <li>• Breakfast burrito/taco</li> <li>• Breakfast pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs (omelet, scrambled, egg bake, quiche, etc.)</li> <li>• Sausage</li> <li>• Ham</li> <li>• Canadian bacon</li> </ul>	<ul style="list-style-type: none"> <li>• Potatoes or sweet potatoes (cubes, wedges, hash browns, etc.)</li> <li>• Fruit toppings for oatmeal, pancakes, waffles, etc.</li> </ul>

**Be Your BEST!**  
Breakfast Encourages Students to Thrive!

## Breakfast Recipes

[Standardized Recipes for Schools](#) – Child Nutrition Recipe Box

[Wisconsin Breakfast Recipes](#) – Wisconsin Department of Public Instruction

## Sample Menus

[Sample Menus by Service Model Type](#) - Alliance for a Healthier Generation

[Iowa Gold Star Breakfast Menus](#) - Iowa Department of Education

[Healthier Kansas Cycle Menus](#) - Kansas Department of Education

[Breakfast Menus from The Lunch Box](#) - Chef Ann Foundation

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