Why introduce new school breakfast recipes on your menu?

- On-trend, fun and tasty school breakfast items are a great way to help ensure every student is fueled and ready to learn.
- The recipes provide new ways to meet school meal nutrition guidelines.
- Each recipe includes a full or half serving of cheese or yogurt as a meat/meat alternative and a serving of whole grains. Many also include ½ cup of fruit.
- The recipes are quick-scratch, easy to prepare, designed to help meet school cost constraints and are suitable for cafeteria service, grab-n-go and Breakfast in the Classroom.

Get all of our new dairy-based breakfast recipes at:
www.nationaldairycouncil.org/SchoolBreakfast

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New Breakfast Recipes

Proven winners with kids and schools!

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Six new recipes! (plus 2 variations)

New ways to help make school breakfast better than ever!



Peaches-n-Cream Waffle Dunkers

Bring fun to the table with whole grain waffle sticks and a dip that delivers a serving each of low-fat yogurt and fruit.

- Dipping adds fun to breakfast. Kids love foods with interactivity. One school nutrition director said: "Whatever they can dip, my kids are all about!"
- Meal pattern crediting (1 serving): **1 M/MA, 1.5 grain, ½ cup fruit.**



Mega-Cheese Muffin

Gives the ever-popular muffin a healthful and filling spin with whole grains and reduced-fat natural Cheddar.

- Egg at the center adds a fun surprise.
- Meal pattern crediting (1 serving): **1 M/MA, 1 grain.**



Breakfast Basket

A fun way to have a nutritious meal on-the-go. Just add low-fat or fat-free milk for a complete school breakfast.

- An attractive arrangement with a variety of colors, shapes and garnishes helps make eating healthy even more enjoyable.
- Use a variety of packaging options from segmented containers to window bags.
- Meal pattern crediting (1 serving): **1 M/MA, 1 grain, 1 cup fruit.**



Double Cheese Spiral /Fiesta Breakfast Swirl

Cheesy eggs in whole grain pinwheels make a fun and satisfying grab-n-go breakfast.

- Taste tests reveal that kids love cheese; this recipe uses natural reduced-fat Cheddar and lite mozzarella to add appeal to whole grains and eggs.
- Variation "Fiesta Breakfast Swirls" substitutes more cheese for the egg and adds Mexican seasoning for a zesty alternative.
- Meal pattern crediting (1 serving): **1 M/MA, 1 grain.**



Fruity Flatbread / Sunny Start Flatbread

Crisp whole-grain sandwich thins, lightly crusted with cinnamon sugar and topped with low-fat vanilla yogurt and fresh fruit.

- A colorful way to start the day with fresh fruit and creamy low-fat yogurt.
- Variation: Sunny Start Flatbread adds the nutty appeal of peanut or sunflower butter to the low-fat yogurt, topped with bananas.
- Meal pattern crediting (1 serving): **.5 M/MA, 1.5 grain, ½ cup fruit.**



Blueberry Delight

Builds on the popularity, great taste and texture of Greek yogurt and oatmeal in a bar that looks like a premium snack from a high-end coffee shop.

- Fat-free Greek yogurt helps this dish pack a protein punch – 14 grams per serving.
- Taste tests reveal that kids like the crumble crust, overall flavor and velvety fat-free yogurt filling.
- Meal pattern crediting (1 serving): **1 M/MA, 1 grain, ½ cup fruit.**