




Breakfast Checklist

1. Preparing Breakfast day-before
2. Preparing Breakfast day-of
3. Tips to get to school on-time

PREP TIME <u>10 min</u> COOK TIME <u>5 min</u>	<h1>RECIPE</h1> <p>NAME <u>Breakfast Sandwich</u></p> <p>DIRECTIONS <u>Grab a pan and put it on the stove. Crack egg on the pan and cook the egg to your liking (over-easy, fried, etc.). Be sure to cook the sausage patty fully. Put two slices of bread into the toaster. Wash spinach. Take the slices of toast, place the cooked egg and sausage on the toast. Add the spinach and slice of cheese to complete your breakfast sandwich! Grab your favorite fruit to pair with your sandwich for a complete meal.</u></p> <p>Get more ideas at https://www.superhealthykids.com/parenting/healthy-</p>	INGREDIENTS
		<ul style="list-style-type: none">• Bread• Eggs• Spinach• Cheese• Sausage patties• Fruit of your choice! 

Use this recipe to help you organize what you want to eat for breakfast in the morning, the ingredients you'll need to get from the store, and how much time to plan for after you wake up.

- Gather your ingredients and follow the recipe of your choice
- When preparing the night before, place in a baggie or plastic container for the refrigerator.
- Then in the morning, microwave for about a minute and enjoy!

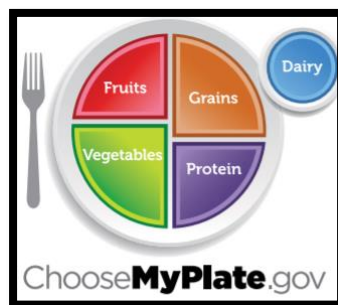


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When waking up and in a rush to get to school, don't forget about your breakfast! If you don't have time to prepare the night before, use the checklist below. Also, see the image that shows all breakfast items within the 5 MyPlate groups!

- Microwave oatmeal
- Grab a fruit like apple or banana
- Grab a drink like 100% orange juice or low-fat milk!
- Enjoy on your way to school!



Fruits	Grains	Vegetables	Protein	Dairy
<ul style="list-style-type: none"> • Banana • Berries • Applesauce • Orange • 100% Fruit Juice • Raisins • Melon • Peach • Tangelo • Nectarine • Grapes 	<ul style="list-style-type: none"> • Oatmeal • Cereal* • Muffin* • English Muffin • Toaster Pastry* • Bagel • Tortilla • Pancake* • Waffle* • Toast • Pizza Crust* 	<ul style="list-style-type: none"> • Potatoes • Spinach • Salsa • Peppers • Tomatoes/ Tomato Sauce • Zucchini • Onion • Avocado 	<ul style="list-style-type: none"> • Egg • Nut and Seed Butter • Beans • Turkey Sausage* • Ham • Canadian Bacon* • Steak* 	<ul style="list-style-type: none"> • Low-fat, Fat-free Milk • Low-fat Yogurt • Calcium-fortified Soymilk • Low-fat Cheese • Low-fat Cottage Cheese

* Consider how these common breakfast foods are prepared. These foods can be high in added sugars, saturated fat, and/or sodium depending on how they are cooked and what ingredients are used. Extras like cream cheese, bacon, jelly, syrup, and fruit-flavored drinks can also contribute to the added sugars, saturated fat, and/or sodium content in some popular breakfast foods.



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Making Time for Breakfast

Instructions: Make sure breakfast is part of your morning routine by using this schedule to help you manage your time. Start from the bottom by filling in the time you leave home to go to school (7:15, for example). Then work your way up, using the minutes as suggestions. If the routine on this page looks like your typical morning, hang it on your bedroom door and try to stick to it until it really does become a routine. If not, fill in the routine on the next page. (Just make sure that “Prepare, eat breakfast” is on your list. And remember, depending on what you plan to eat, you can prepare some breakfasts the night before!) After using the planner for a week or so, if you’re still feeling rushed, add some minutes to each thing you have to do before leaving for school and push back your times. You may need to wake up a few minutes earlier or drop something other than breakfast from the list. Planning ahead will help you feel less rushed, more organized, and ready to face the day!

My Morning Routine

- ___:___ pm – Go to bed (sleep for 8-9hours)
- ___:___ am – Wake up
- ___:___ am – Shower, get dressed (15-20minutes)
- ___:___ am – Morning chore (make bed, walk dog, etc.) (10 minutes)
- ___:___ am – Prepare, eat breakfast (10-20 minutes)
- ___:___ am – Brush teeth, comb hair, etc. (10 minutes)
- ___:___ am – Organize school stuff (10 minutes)
- ___:___ am – Leave for school

Finding Healthy Options at School

1. Fruit cups
2. Whole fruit
3. Muffins
4. Oatmeal or cereal
5. Low-fat milk



Your Breakfast Checklist

- Pick out a healthy breakfast, following MyPlate guidelines, to eat before school
- Get ingredients to make breakfast
- Cook & Eat breakfast
- Plan your morning routine for tomorrow!