

# What's for Breakfast?

## GRAB & GO

Cereal (whole grain)  
Yogurt & fruit parfait  
Whole grain Bagel w/topping (cream cheese, peanut butter, lox)  
Toast topped with nut butter and banana  
Fruit & yogurt smoothie  
Apple slices topped with peanut butter & granola  
Breakfast Quesadillas

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## MAKE AHEAD

Overnight Oats (in the fridge)  
Healthy muffins (apple, pumpkin, oatmeal, whole grain)  
Hard boiled eggs  
Overnight Oatmeal (in the crockpot)  
Slice of quick bread (pumpkin, oatmeal, etc)  
Whole Grain Pancakes

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## FRESH PREPARED

Scrambled Eggs  
French toast  
Whole grain Waffles  
Omelet  
Baked Egg cups  
Egg & Whole grain muffin Sandwich

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EVERY  
MORNING:  
**Have some  
fruit &  
choose 100%  
fruit juice or  
milk to  
drink!**