SCHOOL BREAKFAST
FUEL YOUR IMAGINATION
www.schoolbreakfast.org

Monday: Molten Space Cereal with Asteroids & Space Dust

Items	Serving Size	Recipe	Meal Pattern
Hot Cereal	2 ozs.	—	2 grains/breads
Brown Sugar	1 oz.	—	—
Raisins	1/4 cup	—	1/4 cup fruit/vegetable
Fruit Juice	4 fl. ozs.	—	1/2 cup fruit/vegetable
Milk, Skim	8 fl. ozs.	—	1 milk

Per Serving: 554.4 cal., 16.7 g pro., 118.1 g carb., 6.4 g fiber, 4.6 g fat, 1.1 g sat. fat, 4.5 mg chol., 411.3 mg sod., 2,580 IU vit. A, 49 mg vit. C, 545.7 mg ca., 18.3 mg iron

Total Meal Pattern: 3/4 cup fruit/vegetable, 2 grains/breads, 1 milk

Tuesday: Blast-off Burrito with Rocket Wedges

Items	Serving Size	Recipe	Meal Pattern
Breakfast Burrito With Salsa	1 burrito	p. 59 or USDA J-2*	2 ozs. meat/meat alternate, 1 1/2 grains/breads, 1/4 cup fruit/vegetable
Potato Wedges	1 1/2 ozs.	—	1/8 cup fruit/vegetable
Orange Juice	4 fl. ozs.	—	1/2 cup fruit/vegetable
Milk, 2%	8 fl. ozs.	—	1 milk

Per Serving: 478.2 cal., 21.5 g pro., 68.7 g carb., 3.6 g fiber, 13.1 g fat, 5.3 g sat. fat, 230.8 mg chol., 551 mg sod., 1,081.8 IU vit. A, 60.2 mg vit. C, 375.6 mg ca., 4.1 mg iron

Total Meal Pattern: 2 ozs. meat/meat alternate, 3/4 cup fruit/vegetable, 1 1/2 grains/breads, 1 milk

*You can find most USDA recipes at www.fns.usda.gov/tn/Resources/usda_recipes.html or www.nfsmi.org/Information/school_recipe_index_number.html. Or check with your state agency.

Wednesday: Pluto Pancakes and Saturn Sausages

Items	Serving Size	Recipe	Meal Pattern
Pancakes	2 ozs.	—	2 grains/breads
Turkey Sausage	2 ozs.	—	2 ozs. meat/meat alternate
Syrup	2 ozs.	—	—
Orange Juice	4 fl. ozs.	—	1/2 cup fruit/vegetable
Milk, 2%	8 fl. ozs.	—	1 milk

Per Serving: 548.1 cal., 23.5 g pro., 82.5 g carb., 1.6 g fiber, 13.5 g fat, 4.8 g sat. fat, 84.5 mg chol., 940.3 mg sod., 672.5 IU vit. A, 44.7 mg vit. C, 386.7 mg ca., 2.5 mg iron

Total Meal Pattern: 2 ozs. meat/meat alternate, 1/2 cup fruit/vegetable, 2 grains/breads, 1 milk

Thursday: Galaxy of Grub

Items	Serving Size	Recipe	Meal Pattern
Cold Cereal	1 oz.	—	1 grain/bread
Critter Munch	1 oz.	p. 59 or B101**	1/2 grain/bread
Apple	1/2 apple	—	1/2 cup fruit/vegetable
Peanut Butter Dip	2 Tbsps. *or* 1 oz.	—	1 oz. meat/meat alternate
Fruit Juice	4 fl. ozs.	—	1/2 cup fruit/vegetable
Milk, 2%	8 fl. ozs.	—	1 milk

Per Serving: 661.2 cal., 20.3 g pro., 95.2 g carb., 5.7 g fiber, 25.1 g fat, 6.3 g sat. fat, 18.1 mg chol., 620.9 mg sod., 1,230.9 IU vit. A, 59.7 mg vit. C, 314.6 mg ca., 3.7 mg iron

Total Meal Pattern: 1 oz. meat/meat alternate, 1 cup fruit/vegetable, 1 1/2 grains/breads, 1 milk

**Available at www.schoolnutrition.org/nsbw

Friday: Faraway French Toast With Space Syrup

Items	Serving Size	Recipe	Meal Pattern
French Toast	4 ozs.	—	4 grains/breads
Syrup	2 ozs.	—	—
Fresh Grapes	1/2 cup	—	1/2 cup fruit/vegetable
Vanilla Yogurt Dip	2 ozs.	—	1/2 oz. meat/meat alternate
Milk, 2%	8 fl. ozs.	—	1 milk

Per Serving: 533.1 cal., 19.4 g pro., 88.9 g carb., 1.2 g fiber, 10.7 g fat, 4.9 g sat. fat, 174.4 mg chol., 505.2 mg sod., 781.5 IU vit. A, 2.2 mg vit. C, 476.3 mg ca., 2 mg iron

Total Meal Pattern: 1/2 oz. meat/meat alternate, 1/2 cup fruit/vegetable, 4 grains/breads, 1 milk