

RECIPE ONE

BREAKFAST BURRITO

(1 serving)

INGREDIENTS

Non-fat cooking spray	
Chopped onion	2 Tbs.
Chopped green pepper	2 Tbs.
Egg substitute	1/2 c.
Low-fat Monterey Jack cheese shredded	1 1/2 Tbs.
Pepper	Dash
Liquid hot pepper sauce (optional)	Dash
98% fat-free flour tortilla, warmed	1 10-inch
Low-fat, low-sodium ham	1 oz.

DIRECTIONS

1. Lightly coat nonstick skillet with cooking spray. Cook the onion and green peppers in the skillet over medium heat for 3 minutes, stirring constantly.
2. In a small bowl, whisk together egg substitute, cheese, pepper, and hot pepper sauce.
3. Pour egg and cheese mixture into the skillet and scramble for 3 to 4 minutes, until the eggs are done to taste, but not dry.
4. Place the egg mixture along one-third of the tortilla, about 2 inches away from the bottom. Fold up the lower edge, then roll from the side to form a burrito. Eat immediately or wrap in a napkin or paper towel to eat out of the hand.

Try a flavored tortilla, such as spinach, sun-dried tomato, or whole wheat. These are available in most grocery stores. For a little extra flavor, wrap guacamole slices or sliced tomato into the burrito just before rolling.

NUTRITION INFORMATION

Per serving: 290 Calories, 32 mg cholesterol, 884 mg sodium, 1.25 mg dietary fiber, 2.8 mg iron, 123 g calcium, 54 RE vitamin A, 0.14 mg vitamin C, 14 g protein, 32 g carbohydrates, 11 g total fat, 4 g saturated fat.

RECIPE TWO

ENGLISH MUFFIN BREAKFAST PIZZA

(1 serving)

INGREDIENTS

Reduced-fat cream cheese	2 Tbs.
Reduced-fat sour cream	1 tsp.
English muffin	1/2
Small peach, peeled and sliced	1
Ground cinnamon	to taste
Light brown sugar	to taste

DIRECTIONS

1. Preheat broiler.
2. Combine cream cheese and sour cream in a small bowl. Spread the mixture evenly over the English muffin half. Arrange peaches on top. Sprinkle with cinnamon and brown sugar.
3. Broil until cheese browns around the edges, about 2 minutes.
4. Cut in half or quarters if desired. Serve and eat warm.

Use a whole grain English muffin to increase the fiber, or try a cinnamon raisin muffin for a little more cinnamon.

NUTRITION INFORMATION

Per serving: 185 calories, 25 mg cholesterol, 258 mg sodium, 3 g fiber, 6 g protein, 25 g carbohydrates, 7 g fat, 4 g saturated fat.

Did you know...

? That breakfast should provide one-fourth of a child's daily requirement of calories and nutrients? (No, a handful of chips *do not* count!)

? That on any given day, 51% of kids go to school **without** breakfast?

? Those students who receive D's and F's are twice as likely as A students to skip breakfast frequently?

? That National School Breakfast Week is a whole week devoted to school breakfast? It's true! This annual event is held in early spring and celebrated in schools across the nation.

TOP TEN PORTABLE ALTERNATE BREAKFAST ITEMS

All of these items are offered in addition to milk and juice or whole fruit.

1. Ham & Cheese Pocket
2. Cinnamon Roll
3. Muffin
4. Pig in a Blanket
5. Peanut Butter Bar
6. Breakfast Bites
7. Yogurt & Animal Crackers
8. Pancakes
9. Cereal
10. Breakfast Pizza

Many Professionals Agree— Breakfast is Important!

Check out these Web sites to find out more about healthy school breakfast:

- **School Nutrition Association**
www.schoolnutrition.org
- **National Dairy Council®**
www.NutritionExplorations.org
- **USDA/Team Nutrition**
www.fns.usda.gov/tn
- **Changing the Scene**
www.fns.usda.gov/tn/Resources/changing.html
- **Kidnetic**
www.kidnetic.com
- **Action for Healthy Kids**
www.actionforhealthykids.org



Made possible by the Child Nutrition Foundation and the National Dairy Council®.



WHAT'S INSIDE THAT GRAB 'N GO BAG, ANYWAY?

A healthy school puts together foods to make sure your child has the nutrients to learn! A school breakfast must contain:

- Milk
- A fruit or vegetable (or 100% fruit or vegetable juice)
- Bread or cereal
- A protein-rich food, such as meat, cheese, or eggs

It has to be nutritious, but it also has to taste good! Schools are finding all sorts of ways to combine these standards into tasty, easy-to-eat breakfasts. School foodservice staff can even make familiar foods that are popular with kids low-fat, nutritious and healthy to meet nutritional guidelines.