

**Choice Breakfast Menus.**

<b>DAY 1 Breakfast Menus</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>Day 4</b>	<b>Day 5</b>
<p>1 serv <b>SD Breakfast Muffin/Sandwich w/Cheese Sauce</b> 2½CS</p> <p>½ c <b>Hashbrowns OR</b> 2 3"X1 ½" ovals Hash Brown Patty (fzn,readymade) 1CS 1 T Ketchup</p> <p>6 Slices Tomatoes</p> <p>1 c Sliced Strawberries1CS</p> <p>Large Fresh Orange 1 CS</p>	<p>1/2 c. Orange Juice 1 CS</p> <p>1 serv <b>All-in-One Breakfast Muffin</b> 2CS</p> <p>1 c <b>Sautéed Breakfast Vegetables</b> ½ CS</p> <p>¾ c Raisin Bran 2 CS</p>	<p>1 serv <b>Ham, low sodium, Potato Omelet</b> 1 CS Orange wedge garnish (1/8 lg orange)</p> <p>½ medium Banana 1CS</p> <p>½ c grapes 1 CS</p> <p>2 Whole Grain Toast 1 CS each 1 t. soft Margarine</p>	<p>1 ¾ c <b>Fruit Parfait garnished with 1 T dried apricot bits</b> 3½ CS</p> <p>1 serv <b>Ham, low sodium, &amp; Fruit Kabobs</b> 1 CS</p> <p>2 Slices Whole Grain Toast 1 CS each 2 t. soft Margarine</p>	<p>1 c. low sodium Tomato Vegetable Juice 1 CS</p> <p>½ c. Hot Oatmeal 1 CS 2 T Raisins 1 CS</p> <p><b>2 oz Fresh Ground Pork Patty</b></p> <p>½ c Cn Peaches, light syrup 1 CS</p> <p>2 Slices Whole Grain Toast 1 CS each 2 t. soft Margarine</p>
<b>Day 6</b>	<b>Day 7</b>	<b>DAY 8</b>	<b>DAY 9</b>	<b>DAY 10</b>
<p>1 c. low sodium V-8 Juice 1 CS</p> <p>½ c Zoom or Ralston Hot Cereal 1 CS</p> <p>2 slices <b>Whole Grain French Toast</b> 1 CS each 2 t. soft Margarine 2 T Syrup 1½ CS Sugar Free Syrup 0CS</p> <p>½ c. Blueberries ½ CS</p> <p>½ c Cn Apricots, light syrup 1 CS</p>	<p>½ c. canned apricots in extra light syrup 1 CS</p> <p>1 NutriGrain Waffle 1CS 1 t soft Margarine 1 T Syrup 1½ CS Sugar Free Syrup 0 CS</p> <p><b>2 oz (after cooking) Fresh Ground Pork Patty</b></p> <p>½ med banana 1 CS</p> <p>½ c Fresh sliced Strawberries w/2 T slivered almonds &amp; 2 T Low Fat Granola on top 1CS</p>	<p>1 c. Tomato Juice, Low Sodium 1 CS</p> <p><b>1 South Dakota Breakfast Muffin with cheese sauce</b> 2½ CS</p> <p>½ c <b>Hashbrowns OR</b> 2 3"X1 ½" ovals Hash Brown Patty (fzn, ready made) 1 CS</p> <p>1 Large Fresh Orange 1½ CS</p>	<p>1 c Tomato juice, Low Sodium 1 CS</p> <p>1 serv <b>Ham, low sodium, &amp; Veggie Omelet</b> ½ CS</p> <p>½ medium Banana 1 CS</p> <p>¾ c Wheaties 1 CS</p> <p>2 sl Whole Grain Toast 1 CS each 2 t soft Margarine</p>	<p>½ c Orange Jc, unsw 1CS</p> <p>1¾ c <b>Fruit Parfait</b> 3 CS</p> <p>Grilled Ham &amp; Cheese Sandwich (1 oz low sodium Ham, 1 oz low fat Cheddar Cheese, 2 slices Whole Grain Bread &amp; 1 t canola oil &amp; nonstick cooking spray, if desired) 2 CS</p> <p>(Sodium level too high if margarine is used, use only 1 t canola oil, brush on bread before grilling)</p>
<b>All breakfast meals</b>	<b>include: 1 cup Coffee,</b>	<b>1 cup Water and</b>	<b>1 cup 1% Milk in analysis</b>	

DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
1 c Tomato Juice, Low Sodium 1 CS ½ c Hot Oatmeal 1 CS 2 T Raisins 1 CS 2 oz (after cooking) Lean Fresh Pork Patty ½ c Cn Peaches, in light syrup 1 CS 2 sl WholeGrainToast 1 CS each 2 t soft Margarine (fresh peaches may be used in season)(May use non-sodium herb mixture on/in fresh pork patty)	½ c Apricot Nectar 1 CS 1 serv <b>All-in-One Breakfast Muffin</b> 2 CS 6 oz Fruit Flavored Yogurt, non fat, no sugar added + 2 T Slivered Almonds + 1 T Low Fat Granola 1½CS 1 LargeFresh Orange1½CS	½ c Apricot Nectar 1 CS 2 Low Fat NutriGrain Waffles, 4" 2 CS 2 T Syrup 1½ CS 1 t soft Margarine Sugar Free Syrup 0 CS 2 oz (after cooking) Lean Fresh Pork Patty 1 c Fresh (or froz, unsw) sliced Strawberries 1 CS + ½ med Banana, sliced + 2 T Orange Juice 1CS ¼ c vanilla ice cream½CS served on waffles or fruit (May use non-sodium herbs on/in fresh pork patty)	1 ¼ c <u>Low Cal</u> Cranberry Juice 1 CS ¾ c Bran Flakes 2 CS 1 serv Scrambled Pork & Eggs (made w/1 large egg + 1 lg egg white + 1 oz browned lean ground pork + 1 T 1% milk) 1 sl Whole Grain Toast 1CS 1 t soft Margarine 1 <b>Pumpkin muffin</b> 1½ CS	½ c Low Cal Cranberry Juice 0 CS 2 4" Whole Wheat Pancakes 2CS 1 t margarine 2 T syrup 1½CS Sugar Free Syrup 0 CS Large Fresh Orange1½CS ½ Banana 1 CS Hard Boiled Egg (egg may be poached or "fried" with nonstick spray) (1 t margarine only to keep fat down in menu)
DAY 16	DAY 17			
½ c Apple Juice, unsw 1CS 1 Large Egg Fried in 1 t canola oil <b>Bran Banana Muffin</b> 1CS ½ sl WholeGrainToast½CS ½ t soft Margarine 6 oz Fruit Flavored Yogurt, nonfat, no sugar added1CS ¾ c Cheerios 1CS 1 LargeFreshOrange1½CS (Serve only ½ slice toast on this menu to keep CHO within range)	1/2 c V-8 Juice, low sodium 0 CS 2 <b>Whole grain French Toast</b> 1 CS each 2 t Margarine 2 T syrup 1½ CS Sugar Free Syrup 0 CS ½ c Oatmeal 1 CS Sprinkled with 1 T slivered almonds ½ med Banana 1 CS ½ c canned apricots, extra light syrup 1 CS	<b>Bolded Items are in Recipes</b>	<b>Menus not developed to be used one after the other. Developed to choose from a choice of menus being offered for the day. Decide on the # of menus you will offer for a choice and then decide which days' menus you are offering for the day or week, OR for a breakfast program may choose 3-5 menus and offer all of them each day of a particular week or can choose 2 or more differing choices for each day of the week.</b>	<b>OR These menus can be used as a noon menu when offering "Breakfast for Lunch"</b>

**All breakfast meals include: 1 cup Coffee, 1 cup Water and 1 cup 1% Milk in analysis.**