

WEEKLY BREAKFAST PLANNER

DAY		FOOD CATEGORY	RECIPE	FRUIT OR VEGGIE SIDE
M	MONDAY	Hot Cereal	Example: Steel Cut Oats	Example: Blueberries
T	TUESDAY	Granola		
W	WEDNESDAY	Parfaits		
T	THURSDAY	Smoothies		
F	FRIDAY	Eggs		
S	SATURDAY	Waffles/Pancakes		
S	SUNDAY	Breads/Muffins		



**SUPER
HEALTHY
KIDS**

GREAT BREAKFAST FRUITS:

- Blueberries
- Strawberries
- Raspberries
- Oranges
- Clementines (Cuties)
- Bananas
- Grapefruit
- Apples

GREAT BREAKFAST VEGGIES:

- Bell Peppers
- Tomatoes
- Avocado
- Sweet Potato
- Zucchini
- Spinach