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Breakfast Builds Better Brains!

Kids do better in school when they eat breakfast!

Give everyone a good start with these quick and easy ideas:

- ❖ Layer yogurt with fruit and granola to make a parfait
- ❖ Scramble eggs with chopped veggies; use tortillas to make a breakfast wrap
- ❖ Add pumpkin, grated carrots or zucchini to pancakes for a tasty treat
- ❖ Blend fruit or even veggies with yogurt or milk to make a drinkable breakfast



Kids can...

- ★ Pick 3 or more food groups for breakfast.
- ★ Top cereal with fruit.
- ★ Help make the Applesauce French Toast recipe on the back.

**Cook together. Eat together.
Talk together.**

Make mealtime a family time.



They learn from watching you. Eat fruits and veggies for breakfast and your kids will too!

Get a Healthy Start

Eating a sugary breakfast can make you feel out of energy sooner. Stay focused all morning with whole grains, dairy, protein, fruit and veggies!



Monthly Hero Checklist

- Eat breakfast everyday
- Add a fruit or vegetable to breakfast
- Find recipes. Search for "breakfast" at www.FoodHero.org
- _____

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Oregon State UNIVERSITY **OSU** Extension Service



Applesauce French Toast

Ingredients

- 2 eggs
- ½ cup milk
- 1 teaspoon ground cinnamon
- 2 Tablespoons white sugar
- ½ teaspoon vanilla
- ¼ cup applesauce
- 6 slices whole wheat bread

Directions

1. In a large mixing bowl, combine eggs, milk, cinnamon, sugar, vanilla and applesauce. Mix well.
2. Soak bread one slice at a time until mixture is slightly absorbed.
3. Cook on lightly greased skillet or griddle over medium heat until golden brown on both sides.
4. Serve hot! Top with applesauce, fresh fruit or yogurt.

Nutrition Facts	
Serving Size 1 slice (78g)	
Servings Per Container 6	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 170mg	7%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 7g	
Vitamin A 2%	• Vitamin C 0%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more recipes and tips on eating well for less, visit www.foodhero.org