

FIGURE 1
SAMPLE HEALTHY BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				
Whole grain bagel with low-fat cream cheese	Breakfast burrito with whole wheat tortilla	Whole wheat pancakes with turkey bacon	Scrambled Eggs with Whole Wheat Toast	Strawberry yogurt shake Granola bar
Orange	Banana	Chunky cinnamon applesauce	Pineapple Tidbits	Orange slices
Fat-free or low-fat or low-fat milk	Fat-free or low-fat or low-fat milk	Fat-free or low-fat milk	Fat-free or low-fat milk	Fat-free or low-fat milk

Source USDA