

## Nutritious Breakfasts



These breakfasts that take less than **3 minutes** to prepare and include at least three of the Five Food Groups.

  	Peanut butter, toasted English muffin, glass of milk
  	Cold cereal, milk, banana
  	Heated leftover cheese pizza
  	Orange wedges, crackers, cheese
  	Wheat toast, yogurt, apple
  	Ham & cheese sandwich, glass of chocolate milk
  	Heated leftover macaroni and cheese, apple
  	Instant oatmeal, canned peaches, milk
  	Baby carrots, bagel, mozzarella cheese stick
  	Tomato soup made with milk, crackers