



# BREAKFAST IDEAS

# THE IMPORTANCE OF BREAKFAST

A good breakfast gives children a great start to the day by providing the nutrients they need to concentrate and learn well at school.

## Breakfast can be a good source of:

- calcium, found in dairy products and fortified soy alternatives, which promotes strong healthy bones and teeth
- fibre, found in wholegrain breads and breakfast cereals, and fruits and vegetables. Fibre helps to fill children up and contribute to good health.

## Skipping breakfast may mean:

- the body works more slowly and burns less energy. This can lead to weight gain.
  - snacking on sugary and fatty foods later in the day.

**Opening for breakfast  
at your school canteen can  
help educate children about  
the value of breakfast**

# HOT OPTIONS FOR BREAKFAST!

If your canteen offers breakfast choices, keep the breakfast menu simple; add variety with specials that are well promoted to the school community. Breakfast menus can change with the season ie serve warm foods in winter and cool, refreshing choices in summer. This helps to add variety and interest for the students.

## Using Breads

- Choose** wholemeal or wholegrain, high fibre varieties
- Toast** breads, English muffins, raisin toast (sprinkled with cinnamon)
- Spread** with poly or monounsaturated margarine
- Top** with honey, vegemite, sliced tomato, mashed banana etc



**TIP** Use day old bread to make jaffles in advance and store them, covered/wrapped in the fridge or freezer until required.

## MAKE JAFFLES



### SUGGESTED FILLINGS

- Baked Beans
- Cheese
- Ham & Cheese
- Tomato & Cheese

### FRUIT BREAD JAFFLES filled with:

- Fruit filling eg tinned apple, sliced banana with a sprinkle of cinnamon
- Hard cheese or ricotta cheese

## PIKELETS & PANCAKES

(See Bulk Pikelet recipe p58 – Fresh Tastes Tool Kit)

## Egg-cellent Ideas

Eggs can be part of a nutritious breakfast. They provide protein and iron for growing bodies.

### SCRAMBLED EGGS ON MUFFINS

- 6 eggs
- 6 tablespoons reduced fat milk
- pepper
- chopped parsley (optional)
- 6 English muffins



**Beat** the eggs and milk together in a microwave-safe jug.

**Add** pepper and chopped parsley.

**Cook** on MEDIUM in a microwave for 2-3 minutes – stirring once during cooking. A lower power level is important to prevent overcooking.

Allow to **stand** for a couple of minutes to firm up.

**Toast** split muffins.

**Serve** a spoonful of scrambled eggs on ½ a toasted muffin.

### HAM & EGG MUFFINS

- 1 slice ham
- 1 egg
- 1 English muffin



**Cook** egg in a ring on a griddle, in a non-stick pan or beat the egg into a lightly greased tea cup and microwave for 30 secs to 1 minute on MED HIGH until set.

**Toast** the split muffin.

**Add** egg and ham.

An optional extra could be a slice of reduced fat cheese – melted.

**Wrap** and serve.

**TIP**

When microwaving eggs – pierce the yolk to prevent it bursting.

**TIP**

Store eggs pointed end down and don't over-cook or they go tough and rubbery.

# BREAKFAST TO GO!

## DRINKS

- Reduced fat, plain and flavoured milk drinks and calcium-enriched soy beverages are a great source of calcium.
- In winter offer warm milk drinks.
- Serve 100% fruit or vegetable juices in small sizes (less than 375ml), choose products that contain fibre.
- In summer serve fruit based smoothies (refer to Snacks/Drinks and Ices section).

## YOGHURT

- Tubs of reduced fat fruit yoghurt.
- Fruit cups layered with banana, reduced fat yoghurt (natural or flavoured), berries or tinned fruit and muesli.
- Natural, reduced fat yoghurt, served with fruit (fresh or pureed).

## FRUIT

- Serve fresh, whole or cut-up fruit (in season), served in cups.
- Add reduced fat yoghurt to a fresh fruit salad.
- To have fruit all year round, use fruit canned in natural juice.

## CEREALS

- Wholegrain cereals provide a range of nutrients and fibre.
- Choose wholegrain cereals, wholewheat flake and puffed cereals, porridge, and wholewheat breakfast biscuits. These fit into the GREEN segment of the *Canteen Menu Planner*. Serve with reduced fat milk.
- Ready to eat cereals can be served in prepackaged bowls. Serve with reduced fat milk or provide milk that the students can add themselves.