



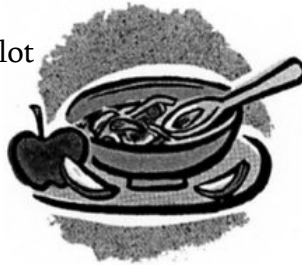
Easy ideas for Quick, Yummy Breakfasts!

If you don't have much time to make breakfast, try these easy ideas. Talk with your family. Add their ideas too.

- Ready-to-eat cereal

- Choose ones without a lot of added sugar.

- Add non-fat or low-fat milk and fruit.



- Toasted whole wheat waffle topped with sliced fruit

- Rice and beans, with fruit

- Chicken noodle soup and fruit

- Peanut butter on whole wheat toast

- Whole wheat bagel with low-fat cream cheese



- Reheated brown rice, hard-cooked egg

- Your family's ideas:

- Grits topped with cheese

- Oatmeal with unsweetened applesauce



- Pita bread and low-fat yogurt

- Egg and cheese burrito