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Better Breakfast for Brainpower

www.communitybridges.org

Your mom was right — breakfast is the most important meal of the day! Teaching children to eat a complete breakfast every morning can start a healthy habit for life. People who eat a healthy breakfast:

- learn better
- have a better attitude
- have better concentration
- have increased problem-solving skills
- are less likely to be overweight
- have better hand-eye coordination

That's a compelling list of reasons to start the day off right by eating a healthy breakfast! Studies show that children who skip breakfast have trouble concentrating and become inattentive and restless. These problems are linked to low blood sugar and can certainly affect learning.

Nutritious and Delicious Breakfast Ideas:

- Quesadilla with fresh mango, milk
- Cinnamon toast, yogurt topped with fresh fruit, milk
- Whole wheat toast, topped with avocado, tomato slices, milk
- Whole grain English muffin, omelet with spinach or chopped tomatoes, milk
- Vegetable omelet with Spanish rice, milk

Vegetable Quiche (Adapted from: USDA recipes for Child Care)

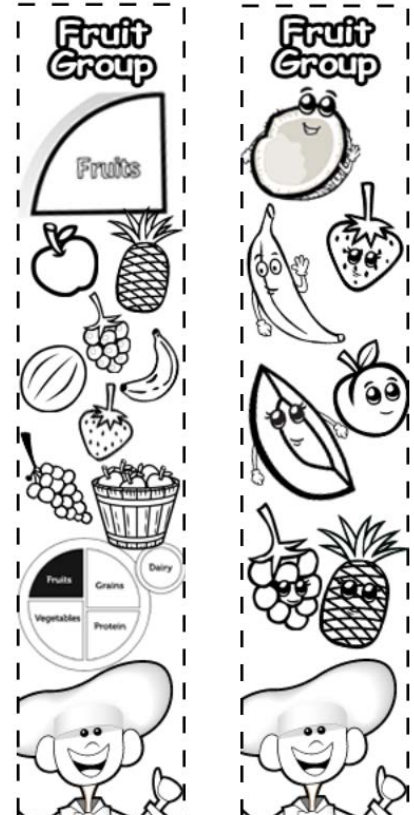
Whole wheat, enriched 9-inch pie shell
 Broccoli 1/2 cup Onions, sliced 1 Tbsp
 Butter 1 Tbsp 1% milk 1 cup
 Eggs 2 Asparagus 1/2 cup
 Carrots 1/2 cup Mushrooms 1/4 cup
 Reduced fat Cheddar cheese, shred..... 1cup

1. Use a frozen whole wheat crust
2. Finely chop broccoli, carrots, asparagus and mushrooms.
3. In a small pan, sauté onions in butter until tender, about 3-5 minutes. Set aside to cool.
4. In a bowl, combine milk, eggs, salt and pepper. Add onion and stir to blend. Reserve for step 6.
5. Add mixed vegetables to crust. Sprinkle with 1/2 of cheese.
6. Pour egg mixture over the vegetables.
7. Bake in conventional oven at 375 degrees F for 30-35 minutes
8. Take out and top with remaining cheese. Cover with foil.
9. Bake at 375 degrees F for another 10-15 minutes.
10. Cut into 6 pieces. Portion is 1 slice.

Yield: 6 servings

Meets requirement for: protein/meat alternate, bread alternative, and 1/4 cup of vegetable. Serve with a fruit to complete requirement.

Activity Corner: Copy and enlarge these bookmarks. Then, have your kids color them and tell you what their favorite fruit is!



Source: www.ChefSolus.com

Did you Know!

- You can download an iPhone app to use when shopping for produce <http://harvest-app.com/>. This is a great guide to selecting and storing the freshest, healthiest and best tasting produce.
- Pre-sliced and wrapped fruits and vegetables cost up to 45 percent more than whole, unwrapped ones.
- Smaller, single serving snack packages cost 2.5 times more per ounce than regular packages.

Source: Child Care Food Program Roundtable

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