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 recípes 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 .................. ¼ cup  
Carrots ............. ½ cup  
Mushrooms ............. ½ cup  
Reduced fat Cheddar cheese, shred ....... 1 cup

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 ½ 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 ½ cup of vegetable. Serve with a fruit to complete requirement.

**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