

# Breakfast Ideas

Cereal with strawberries



Low-fat milk



Hot cereal



Cinnamon Applesauce



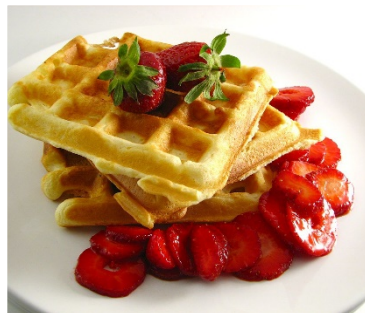
Low-fat milk



Whole Wheat Pancake/Waffle



Fruit Toppings



Low-fat milk



Whole Grain Bagel



Peanut Butter



Banana



Low-fat milk



Granola Bar



Apple



Yogurt



1 slice of melted cheese



Whole-Wheat Bread



Canned pear slices



Low-fat Milk



Whole-Wheat toast



Yogurt with fruit



Low-fat Milk



Bran Muffins



Banana



Low-fat Milk



Toasted cheese sandwich



Apple Wedges



Low-fat Milk



Whole Gran Bagel w/ melted cheese



Apple Wedges



Low-fat Milk



Scrambled egg whites



Whole Wheat toast



Fresh fruit cocktail



Low-fat Milk

