

## Delivery Model: Traditional Sit-Down Breakfast

Traditional Breakfast programs typically are similar to what would be offered at home. Students arrive before school starts and are able to eat their meal in the room where it is offered. Typically Traditional Sit-Down Breakfast programs offer both hot and cold food choices.

**1. Start with Fruits & Vegetables (offer 2-3 from the list below; this allows students to choose the food they prefer and helps reduce waste).**

- Bananas - choose smaller ones
- Apples - smaller sizes are less intimidating; try different varieties
- Orange wedges / Clementines
- Grapes
- Seasonal Fruits (plums, peaches, pears, apricots, strawberries)
- Baby carrots, celery sticks, cucumber slices, sweet peppers (red, yellow, green), grape tomatoes
- Melon wedges or cubes (cantaloupe, watermelon, honeydew)
- Applesauce cups (unsweetened)
- Fruits bowls (unsweetened/packed in water)



**2. Add Dairy**

- Milk
- Yogurt - individual cups preferred over tubes (serving size is too small)
- Cheddar or mozzarella cheese slices/cubes or cheese strings



**3. Add Grains & Cereals - first ingredient should be “whole-grain whole-wheat”**

- Cereals: Suggestions: Original or MultiGrain Cheerios, Life, Quaker Corn Bran Squares, Quaker Oat Bran Squares, Shreddies).
- ➔ Make cereal baggies by re-packaging 1 cup of cereal (or combination of several) into re-sealable baggies. Students arriving just as the program is closing can take one with them along with a piece of fruit as a quick, nutritious snack.
- Whole wheat toast, English muffins, bagels
- Whole wheat mini pitas / pita wedges - can serve with hummus
- Crackers: *Suggestions: Triscuits -original, PC Seven Grain Original, Mr. Christie Premium Whole Wheat Crackers*
- Once per week only: muffins and granola bars (e.g. Kellogg’s Nutri-Grain cereal bars, PC whole grain cereal bars, Quaker Chewy Bars - apple or bumbleberry variety only), Quaker Oatmeal to Go bars;

**4. Optional- Alternatives**

- Eggs, hard-boiled or scrambled