

Mix and Match Breakfast Ideas

(Opt) = Optional, You may omit this food and still comply with the breakfast meal pattern.

Protein

You may serve a protein instead of a Whole Grain grain up to 3 times a week.

Fruit or Vegetable

Cheese – string, sliced or sliced (Opt)	WW Toast	Avocado
Scrambled Eggs	Corn Tortilla (Opt)	Fresh Salsa
Yogurt	Whole grain Granola (ready-to-eat cereal) <i>first ingredient(s) as whole grains, 6 or fewer grams of sugar per serving.</i> (Opt)	Berries, fresh or frozen
Hummus (Opt)	Pita Bread or warm Naan	Cherry tomatoes/sliced cucumbers or apple slices
Lean ham or turkey sausage (Opt)	Whole corn grits (<i>also known as polenta</i>)	Clementines or Satsumas
Lox and/or cream cheese (Opt)	Whole grain mini-bagel	Banana
Scrambled Egg	Whole grain homemade muffin (Opt)	Melon slices
Nut and Seed butters (Opt) <i>Peanut, Almond, Cashew butter Sunflower seed butter</i>	English Muffin	Pear, peach or apple slices
Refried beans and grated cheese (Opt)	Flour Tortilla	Sliced Avocado
Fried Tofu Strips (Opt)	Fried brown rice	Chopped red & green peppers (Stir fry together)
Cheese slice	WW toast (opt)	Potato patty
Cottage cheese	Whole grain English muffin (opt)	Mango

- Breakfast requires 1% milk for children over 24 months and whole milk for children between 12 and 24 months.
- Breakfast Cereal must not exceed 6 grams of added sugar per dry ounce.
- Yogurt must not exceed 23 grams of added sugar per 6 oz serving.
- Link to OSPI – CACFP for the most current [Meal Pattern Serving Sizes and other CACFP Guidelines.](#)

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