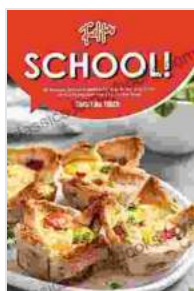


# 40 National School Breakfast Recipes to Get Your Child Off to a Flying Start!

## Ensure a Healthy and Energized Start for Your Child

Breakfast is the most important meal of the day, especially for children. A nutritious breakfast provides the energy and nutrients they need to focus, learn, and grow. However, many children start their day without a proper breakfast, which can lead to decreased academic performance and other health issues.

The National School Breakfast Program (NSBP) provides free or low-cost breakfasts to children in schools across the United States. The NSBP offers a variety of healthy and delicious breakfast options that meet national nutrition guidelines.



## Fuel for School!: 40 National School Breakfast Recipes to Get your Child Off to a Flying Start every Day of the Week by Christina Tosch

★★★★★ 5 out of 5

Language : English  
File size : 11866 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 117 pages  
Lending : Enabled  
Screen Reader : Supported

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If your child participates in the NSBP, you can help them get a healthy start to their day by providing them with a breakfast that meets the program's guidelines. This article will provide you with 40 NSBP-approved breakfast recipes that are both healthy and delicious.

## **NSBP Breakfast Guidelines**

The NSBP has specific nutrition guidelines that all breakfast meals must meet. These guidelines include:

- Calories: 250-350 calories
- Fat: 10-15% of total calories
- Saturated fat: Less than 10% of total calories
- Sodium: Less than 480 milligrams
- Grain: At least 51% whole grain
- Fruit: At least 1/2 cup
- Vegetable: At least 1/4 cup
- Milk: 1/2 cup

## **40 NSBP-Approved Breakfast Recipes**

Here are 40 NSBP-approved breakfast recipes that are both healthy and delicious:

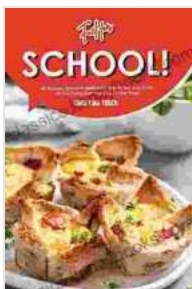
1. Whole Wheat Oatmeal with Berries and Nuts
2. Yogurt Parfait with Granola and Fruit
3. Banana Smoothie with Spinach and Yogurt

4. Whole Wheat Toast with Peanut Butter and Banana
5. Scrambled Eggs with Whole Wheat Toast
6. Breakfast Burrito with Scrambled Eggs, Cheese, and Salsa
7. Whole Wheat Pancakes with Fruit Syrup
8. Fruit and Yogurt Smoothie
9. Whole Wheat English Muffin with Cream Cheese and Fruit
10. Baked Oatmeal with Apples and Cinnamon
11. Yogurt with Fruit and Granola
12. Cereal with Milk and Fruit
13. Scrambled Egg Breakfast Sandwich on Whole Wheat Bread
14. Banana Bread Oatmeal
15. Apple Cinnamon Oatmeal
16. Whole Wheat Toast with Avocado and Egg
17. Smoothie with Berries, Yogurt, and Spinach
18. Oatmeal with Apples and Raisins
19. Yogurt with Berries and Honey
20. Whole Wheat Waffles with Fruit and Syrup
21. Fruit Salad with Yogurt
22. Whole Wheat Toast with Almond Butter and Banana
23. Breakfast Pizza with Whole Wheat Crust and Vegetables

24. Hard-Boiled Egg with Whole Wheat Toast
25. Oatmeal with Peanut Butter and Chocolate Chips
26. Fruit and Yogurt Bowl
27. Smoothie with Yogurt, Fruit, and Vegetables
28. Whole Wheat Pancakes with Peanut Butter and Banana
29. Oatmeal with Apples and Nuts
30. Yogurt with Berries and Granola

These are just a few of the many NSBP-approved breakfast recipes that you can make for your child. By providing them with a healthy and nutritious breakfast, you can help them get a head start on their day and set them up for success.

So what are you waiting for? Start making these recipes today and give your child the gift of a healthy and energizing breakfast!



## **Fuel for School!: 40 National School Breakfast Recipes to Get your Child Off to a Flying Start every Day of the**

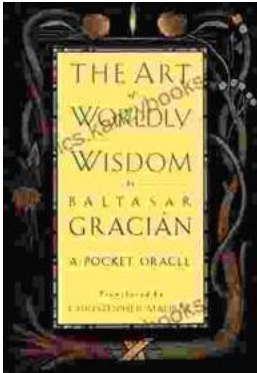
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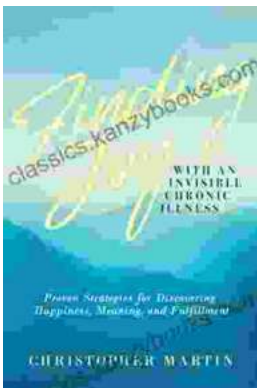
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