



Breakfast Basket



NATIONAL DAIRY COUNCIL®

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Breakfast Basket—Quick Scratch Preparation

Meal Pattern Crediting (1 serving): 1 Dairy M/MA, 1 Grain, 1 cup Fruit



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Ingredients	Directions
Choose items to design your box: <ul style="list-style-type: none"> • One dairy ingredient • One whole grain ingredient • Two fruit ingredients (1/2 cup each) 	<ol style="list-style-type: none"> 1. Place components in container, in individual compartments or using soufflé cups, muffin liners or paper to create separation where needed. Any container with 1 – 4 compartments may be used. 2. During prep, place sliced fresh fruit into water with lemon juice to prevent browning. Drain thoroughly prior to packaging. 3. Refrigerate until service.

Item	Serving	Ingredients	Comments													
Dairy	1 oz. natural cheese or 4 oz. (1/2 cup) Greek or regular yogurt	String cheese Cheddar, cubes or slices Colby Jack, cubes or slices Mozzarella, cubes or slices Monterey Jack, cubes or slices Greek yogurt Regular yogurt	Presentation Suggestions: <table border="1"> <tr> <td>Yogurt</td> <td> <ul style="list-style-type: none"> • Top with granola • Top with dried fruit • Top with cereal • Drizzle with honey </td> </tr> <tr> <td>Fruit</td> <td> <ul style="list-style-type: none"> • Apples & grapes • Berries & apples • Fruit cocktail • Red & green apples • Red & green grapes </td> </tr> <tr> <td>Cheese</td> <td> <ul style="list-style-type: none"> • Colby Jack (two-tone) cheese • Cheddar & Mozzarella (1/2 oz each) • Block cheese cut into triangles </td> </tr> <tr> <td>Whole Grain</td> <td>1 oz. equivalent</td> <td>WG bread WG muffin WG cereal WG flatbread WG graham crackers WG bagel</td> <td>Whole Grain <ul style="list-style-type: none"> • Bread cut into triangles • Mini muffin • Mini bagel • Granola • Whole grain cereal blended with raisins • Graham crackers/sticks </td> </tr> <tr> <td>Fruit</td> <td>1 cup total (Two 1/2 cup servings of different fruits)</td> <td>Canned mandarin oranges, peaches, pears, pineapple Fresh apples – red or green, sliced Fresh banana, sliced Fresh cantaloupe, sliced Fresh grapes – red or green Fresh kiwi, sliced Fresh orange, segmented Fresh pears, sliced Fresh strawberries, sliced Fresh tangerines, whole</td> </tr> </table>	Yogurt	<ul style="list-style-type: none"> • Top with granola • Top with dried fruit • Top with cereal • Drizzle with honey 	Fruit	<ul style="list-style-type: none"> • Apples & grapes • Berries & apples • Fruit cocktail • Red & green apples • Red & green grapes 	Cheese	<ul style="list-style-type: none"> • Colby Jack (two-tone) cheese • Cheddar & Mozzarella (1/2 oz each) • Block cheese cut into triangles 	Whole Grain	1 oz. equivalent	WG bread WG muffin WG cereal WG flatbread WG graham crackers WG bagel	Whole Grain <ul style="list-style-type: none"> • Bread cut into triangles • Mini muffin • Mini bagel • Granola • Whole grain cereal blended with raisins • Graham crackers/sticks 	Fruit	1 cup total (Two 1/2 cup servings of different fruits)	Canned mandarin oranges, peaches, pears, pineapple Fresh apples – red or green, sliced Fresh banana, sliced Fresh cantaloupe, sliced Fresh grapes – red or green Fresh kiwi, sliced Fresh orange, segmented Fresh pears, sliced Fresh strawberries, sliced Fresh tangerines, whole
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Nutrients Per Serving—Analyzed using NutriKids software			
Calories	230–364	Saturated Fat	0.3–3.9 g
Protein	9.7–13.9 g	Cholesterol	0.0–21.0 mg
Carbohydrate	42.0–67.5 g	Vitamin A	80.3–704.9 IU
Total Fat	1.5–8.0 g	Vitamin C	4.8–124.9 mg
		Iron	1.4–1.6 mg
		Calcium	174.2–249.4 mg
		Sodium	198.6–202.1 mg
		Dietary Fiber	3.1–5.7 g

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