

Breakfast Pantry Menu Ideas

Menu	Serving Size (Breakfast 6- 12 year olds)	Meal Pattern Contribution (Breakfast 6- 12 year olds)
Frozen Shredded Potatoes Fried Egg Milk	½ cup 1 each 8 oz	½ cup vegetable 1 oz meat alternate 8 oz milk
Oatmeal Frozen Blueberries Milk	½ cup ½ cup 8 oz	1 serving grain ½ cup fruit 8 oz milk
Spinach Egg Bake Applesauce Milk	1 piece ½ cup 8 oz	2 oz meat alternate/ ¼ c vegetable ½ cup fruit 8 oz milk
Grits Canned Peaches Milk	½ cup ½ cup 8 oz	1 serving grain ½ cup fruit 8 oz milk
Yogurt Frozen Strawberries Milk	½ cup (4 oz) ½ cup 8 oz	1 oz meat alternate ½ cup fruit 8 oz milk
Waffles Canned Mixed Fruit Milk	1 each (34 grams) ½ cup 8 oz	1 serving grain ½ cup fruit 8 oz milk
Cold Cereal (Cheerios) Frozen Mixed Berries Milk	1 cup (round/flakes) ½ cup 8 oz	1 serving ½ cup fruit 8 oz milk
Rice (white or brown) Applesauce Milk	½ cup ½ cup 8 oz	1 serving grain ½ cup fruit 8 oz milk
Biscuit Sausage Hash browns Milk	1 each (1 patty) ½ cup 8 oz	1 serving grain (not credited) ½ cup vegetables 8 oz milk
Breakfast Burrito Tortilla Scrambled Egg Frozen Fajita Vegetables (peppers and onions) Milk	1- 6" tortilla (½ cup) ½ cup 8 oz	1 serving grain (not credited) ½ cup vegetable 8 oz milk

Reminder: Use [USDA's Food Buying Guide](#) to ensure minimum requirements are met. For Grains use [Exhibit A](#). One Whole Grain Rich item must be served daily. The [WIC food](#) list has Whole Grain Rich products. Standardized Recipes, CN labels and/or Product Formulation Statements are needed to ensure minimum requirements are met for combination foods.

Menu	Serving Size (Breakfast 6- 12 year olds)	Meal Pattern Contribution (Breakfast 6- 12 year olds)
Cinnamon Toast Canned Pears Milk	1 slice ½ cup 8 oz	1 serving grain ½ cup fruit 8 oz milk
Pancake w/syrup Canned Mandarin Oranges Milk	1 pancake (34 g) ½ cup 8 oz milk	1 serving grain ½ cup fruit 8 oz milk
Oatmeal Muffin Square Applesauce Milk	1 piece ½ cup 8 oz milk	1 serving grain/ ⅛ cup 1/2 cup 8 oz milk
Toast Avocado Milk	1 slice ½ cup 8 oz	1 serving grain ½ cup vegetable 8 oz
English Muffin Slice of Cheese (melted on english muffin) Frozen Peaches Milk	1 muffin (1 slice) ½ cup 8 oz	1 serving grain (not credited) ½ cup fruit 8 oz milk
Graham Crackers Pears Milk	2 crackers (58g) ½ cup 8 oz	1 serving grain ½ cup vegetable 8 oz milk
Baked Oatmeal Grapes Milk	½ cup ½ cup 8 oz	1 serving grain ½ cup fruit 8 oz milk
Cream of Wheat Raisins Milk	½ cup ¼ cup 8 oz	1 serving grain ½ cup fruit 8 oz milk
Boiled Egg (large) Canned peaches Milk	½ egg ½ cup 8 oz	1 oz meat alternate ½ cup fruit 8 oz milk
Cheese Stick Bell Peppers Milk	1 (1 oz stick) ½ cup 8 oz	1 oz meat alternate ½ cup vegetable 8 oz milk
Cottage Cheese Banana Milk	¼ cup 1 each 8 oz	1 oz meat alternate ½ cup fruit 8 oz milk

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