

Breakfast

1. Pancakes:

- A. Whole grain pancake mix (either dry mixed at home with added wet or store bought)
 - B. Egg, oil, butter milk if dry mixed at home
- Syrup
Fruit (mashed strawberries)
Sliced Ham heated in skillet
Milk or OJ

2. Egg burritos:

- A. Whole wheat wraps
 - B. Eggs
 - C. Bulk sausage
 - D. Sour cream
 - E. Shredded cheese
 - F. Salsa
 - G. Cilantro
- Avocado slices
Orange slices
Milk or OJ

3. Bacon, egg and cheese on whole grain English muffin:

- A. Bacon (talk about cooking bacon)
 - B. Eggs
 - C. Cheese slices
 - D. Whole grain English muffins
 - E. Mayo
- Cantaloupe slices
Milk or OJ

4. Fried or scrambles eggs on toast with sausage:

- A. Eggs
 - B. Whole wheat bread
 - C. Butter
 - D. Sausage links
- Bananas
Milk or OJ

5. Oatmeal or Yogurt and granola:

- A. Oats
- B. Blueberries
- C. Cream

- D. Sweetener (Sugar, honey, maple syrup)
- E. Crushed nuts

Granola option:

- A. Yogurt (try to buy yogurt with no artificial sweeteners and add your own , honey, maple syrup etc.)
 - B. Granola
- Mixed berries
Milk or OJ

6. (If you are in a pinch) Continental breakfast

- A. Whole grain muffins
 - B. Bagels
 - C. Cream cheese
 - D. Jelly/Jam
 - E. Butter
- Yogurt
Hard boiled eggs
Whole apples, clementines, grapes
Milk or OJ

7. Train Wreck http://www.boyscouttrail.com/content/recipe/train_wreck-1149.asp

- A. Bacon
 - B. Package Sausage
 - C. Bag Cubed Hash Browns
 - D. 1 Doz Eggs
- Chocolate Milk
Banannas

8. French Toast

- A. Whole Milk (Quart)
 - B. Eggs (3-6)
 - C. Cinnamon
 - D. Butter
- Grapes
Sausage
Milk