

The Case of the Breakfast Scramble

Item	Serving Size	Recipe	Healthy Preparation Tips
Breakfast Scramble	1 "food boat" serving	SNA ¹	
Toast	1 slice		Use a whole-grain variety
Strawberry Jelly	1 Tbsp.		
Cranberry Juice	4 ozs.		
Milk (variety)	8 fl. ozs.		Offer skim/lowfat varieties

Per Serving: 615 cal., 25.3 pro., 89.8 g carb., 4.1 g fiber, 18 g fat, 5.7 g sat. fat, 206 mg chol., 1,115 mg sod., 930 IU vit. A, 48.7 mg vit. C, 475.1 mg ca., 2.2 mg iron

¹ You can find this recipe later in Spring 2010 at www.schoolnutrition.org/NSBW.

All menus, menu names and recipes are suggestions for your consideration. School nutrition professionals are encouraged to choose menus that fit best with the needs of your staff and students, as well as your own food-safety plan and nutrition requirements. SNA has not tested these recipes in a kitchen.