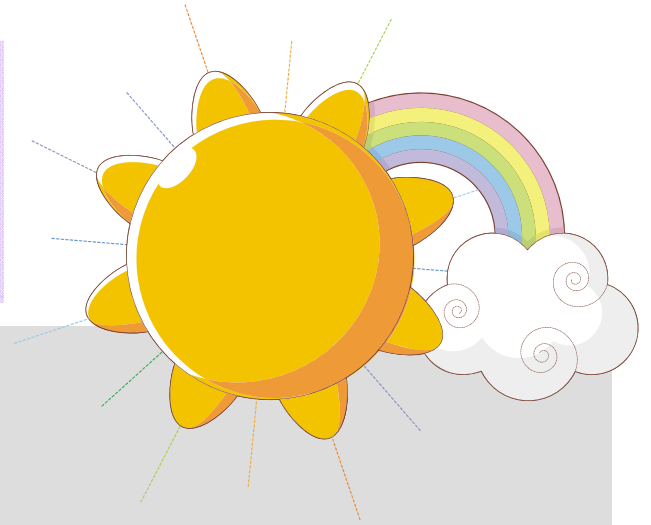


Breakfast On The Go...



Just because you don't have much time doesn't mean that you can't serve up a nutritious, economical breakfast for your child each morning. Try some of these simple favorites. All can be made much faster than going to the drive through, can be eaten in the car or while walking and cost pennies to make:

Peanut Butter Banana Roll Up. Spread one tablespoon of peanut butter on a whole grain tortilla. Top with slices of ripe banana, roll up and eat.

Egg Muffin Sandwich. Toast an English muffin. While waiting, microwave 2 slices of Canadian bacon for 30 seconds. Microwave 1/2 cup egg beaters (or 1 egg) for 30 seconds or until firm. Place a slice of cheese on one half of the toasted muffin then top with the egg and bacon. Top with the other muffin half.

Toasted Ham and Cheese. Toast 2 slices of whole grain bread in a toaster oven until almost done. Top one piece with a slice of low fat cheddar cheese. Top the other piece with low fat ham. Continue toasting until crisp. Sandwich together the two sides and enjoy.

Yogurt Crunch. Mix 1/2 cup of your favorite granola into a cup of low fat fruit flavored yogurt.

Cereal A La Carte. Place a cup of whole grain cereal into a plastic bag. Add your favorite nuts and dried fruit. Snack on the cereal while drinking low fat milk.

No Mess Oatmeal. Prepare your favorite oatmeal (instant or quick oats). Add in raisins or cranberries. Mix in a tablespoon of brown sugar. Spoon into a zip lock sandwich bag. Cut diagonally across a corner, the size of a silver dollar. Wrap with paper towel to protect hands from heat. To eat, squish oatmeal through bag at corner.

