



# BREAKFAST MENU IDEAS

*Remember,* family mealtime doesn't just have to be for dinner. Create Family Mealtime with this week's breakfast menu. Find these, and more great recipes on [extension.usu.edu/foodsense](http://extension.usu.edu/foodsense).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Veggie Frittata Whole Grain Toast Grapes Milk	Applesauce Bread Fruit Cocktail Milk	Cold Cereal Milk Bananas	Peach Overnight Oatmeal	Breakfast Sandwich Mixed Berries Milk	Yogurt Parfaits w/ Crispy Granola Pineapple	Cinnamon Oatmeal Pancakes Pears Milk

