



A nutrition Fact Sheet



Breakfasts and Snacks

School mornings can be busy, preparing to get the children to school on time. Plan ahead to make breakfast part of your everyday routine.

Breakfast on the Go

- Peanut butter and jelly sandwich on whole wheat bread
- A piece of fruit, whole grain crackers, and cheese
- Whole wheat bagel with cream cheese and a piece of fruit
- Breakfast burrito (scrambled eggs, cheese, and lightly cooked vegetables wrapped in a whole wheat tortilla)
- Yogurt and cereal parfaits: layer lowfat yogurt, unsweetened whole grain cereal, and chopped fresh or unsweetened canned fruit (bananas, peaches, etc.) in a jar, cup, or bowl.
- Smoothie or breakfast shake and whole wheat bread with peanut butter

School Breakfast and Lunch Programs

Most schools have a school lunch program. Remember to sign up your children if you qualify for free or reduced lunches. Does your child's school have a breakfast program? Check with the school. If not, ask how a breakfast program could be started.

AFTER SCHOOL SNACKS

Children are often hungry when they return home after school. Be prepared with healthy snacks.

Snacks Including Dairy

- Whole grain crackers and cheese
- Lowfat milk
- Grilled cheese sandwich on whole wheat bread
- Whole wheat tortilla with melted cheese
- Lowfat yogurt

Fruit and Vegetable Snacks

- Carrot or celery sticks
- Apple wedges
- Ants on a log (celery sticks with peanut butter and raisins)
- Raw veggies and hummus or bean dip
- Fresh, dried, or canned fruit
- Frozen grapes

Snacks Including Whole Grains

- Whole grain cereal trail mix
- Whole grain crackers with peanut butter
- Whole grain tortillas filled with beans or PB & J

Choose Low Fat Foods

- Whole grain crackers
- Air popped popcorn
- Fruits and vegetables
- Lowfat yogurt parfait with fresh fruit and granola

Peanut Butter Banana Roll-up

Yield: 1 serving • Serving Size: 1 roll-up

1 whole wheat tortilla
1 Tablespoon peanut butter
1 banana

1. Place tortilla on a flat surface. Spread peanut butter evenly over the entire wrap.
2. Lay banana onto the lower third portion of the wrap and gently roll it up in the wrap until it is completely covered. Press gently to allow the peanut butter to seal the wrap closed.

Cost/Time-saving Breakfast Ideas

- Cold cereal without added sugar costs less.
- Larger sizes of cereal boxes or bags often save money.
- Top hot cereal with raisins or fruit.
- Make whole grain waffles or pancakes ahead of time and freeze. Reheat in toaster or microwave.
- Reheat leftovers from dinner. A casserole makes a quick breakfast.
- Bake whole grain fruit muffins or bread and freeze. Defrost when needed.



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Nutrition Facts

1 servings per container
Serving size 1 roll-up (179g)

Amount per serving
Calories 330

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 49g	18%
Dietary Fiber 4g	14%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 86mg	6%
Iron 2mg	10%
Potassium 422mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Fruit and Vegetables Throughout the Day

- Put lettuce, tomato, cucumbers, onion, or pickles on sandwiches at lunch.
- Include salad at dinner.
- Consider vegetables and a dip or spread, such as hummus, for a snack.
- Choose fruit for a snack.

Contact Us

Visit www.buyeatlivebetter.org
for more information.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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