



# Extension Nutrition Programs

## FSNEP/EFNEP

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## Back to School Breakfasts

The end of summer signals busy mornings preparing to get the children to school on time. Plan ahead to make breakfast part of your every day activity.

### ***Breakfasts on the Go:***

- ▶ Peanut butter and jelly sandwiches
- ▶ A piece of fruit and graham crackers
- ▶ Bagel with cream cheese
- ▶ Muffin or quick bread and juice
- ▶ Breakfast burrito (scrambled eggs and cheese wrapped in a tortilla)

### **School Breakfast and Lunch Programs**

Most schools have a school lunch pro-gram. 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.

### **Yogurt Fruit Crunch**

Low fat yogurt  
Unsweetened cereal  
Chopped fresh or unsweetened canned fruit (bananas, peaches, etc.)

Layer cereal, yogurt and fruit in cups or bowls. Repeat as needed.

### **COST/TIME SAVINGS 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 waffles or pancakes ahead of time and freeze. Reheat in toaster or microwave.
- Reheat leftovers from dinner. Pizza or casserole makes a quick breakfast.
- Bake fruit muffins or bread and freeze. Defrost when needed.

## **AFTER SCHOOL SNACKS**

Children are often hungry when they return home after school. Be prepared with snacks chosen from the Food Guide Pyramid's five food groups.

### **Make Mine Milk**

Children need 3-4 servings of milk each day. Include milk foods in their snacks.

- crackers and cheese
- pudding
- glass of low fat milk
- grilled cheese sandwich
- tortilla with melted cheese
- yogurt

### **5-A-Day Snacks**

- carrot or celery sticks
- apple wedges
- ants on a log
- raw veggies and ranch dip
- canned fruit
- fresh fruit

## **Grains Give Go Power**

- cold cereal
- trail mix
- crackers with peanut butter
- muffins
- tortillas filled with beans or peanut butter and jelly

### **Choose Low Fat Foods**

- pretzels
- air popped popcorn
- low fat microwave popcorn
- reduced fat snack crackers
- fruits and vegetables

## **NATIONAL 5-A-DAY WEEK**

1. Drink juice with breakfast.
2. Grab fruit for a snack.
3. Put lettuce, tomato, sprouts, cucumbers, onion, or pickles on your sandwich at lunch.
4. Choose a salad at dinner.
5. For an evening snack try this Apple Crisp:

5 or 6 large apples, peeled and sliced

1 cup flour

1 cup sugar

1 egg

1 teaspoon baking powder

1/4 cup margarine

Place apple slices in an 8" x 8" baking pan. Mix the remaining ingredients except margarine in a small bowl. Sprinkle mixture over apples. Melt margarine and pour over top of crumb mixture. Bake at 350° for 30 to 40 minutes.

*VARIATION:* Use oat-meal for 1/2 of the flour.

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