

# Promoting **PROTEIN** Foods at Breakfast

*Children and adolescents who eat a **protein-rich breakfast** report **lower hunger for up to 4 hours.\****

## Menu Strategies for Increasing Protein Foods at Breakfast:

Under the new meal patterns beginning July 1, 2024, serving MMA at breakfast is easier than ever! The **combined grain and meat/meat alternate (MMA) meal component** at breakfast allows schools flexibility to offer grains, MMA, or a combination of both to meet the serving size requirements.

### Offer hot meat/meat alternates (MMA) to boost menu appeal.

Traditional breakfast sandwiches, purchased or made in-house

Grilled cheese

Breakfast pizza

Breakfast Burrito With Salsa: [USDA Recipe for Schools – Child Nutrition Recipe Box \(theicn.org\)](https://www.theicn.org/recipe/2018/01/24/2018-01-24-usda-recipe-for-schools-child-nutrition-recipe-box)

Cheesy Sausage Breakfast Bake (pp. 9-10 of [Breakfast of Champions cookbook](#))

Breakfast Vegetable Quesadilla (pp. 6-7 of [Breakfast of Champions cookbook](#))

Potato, Cheese, and Ham Bake (pp.15-16 of [Breakfast of Champions cookbook](#))

Berry Sheet Pancake (pp.4-5 of [Breakfast of Champions cookbook](#))

### Try some easy grab-and-go MMA options.

Cheese sticks

Hard boiled eggs (use egg slicer for visual appeal!)

PB&J and Nut butter sandwiches

Trail mix with nuts and seeds

[Peanut Butter Apple Wraps \(www.paharvestofthemonth.org\)](http://www.paharvestofthemonth.org)

### Consider on-trend menu ideas.

Chia seed pudding made with yogurt

Smoothies made with yogurt

Overnight Oats with Berries (pp. 13-14 of [Breakfast of Champions cookbook](#))

Banana Split Yogurt Sundae (pp. 2-3 of [Breakfast of Champions cookbook](#))

Seasonal Fruit and Yogurt Parfaits: [USDA Recipe for Schools – Child Nutrition Recipe Box \(theicn.org\)](https://www.theicn.org/recipe/2018/01/24/2018-01-24-usda-recipe-for-schools-child-nutrition-recipe-box)

Yogurt bark (pp. 19-20 of [Breakfast of Champions cookbook](#))

## Serve lower-sugar yogurts.

If the serving size is:	Added sugars should be this amount or less:
2 oz / 57 g	4 g
3 oz / 85 g	6 g
4 oz / 113 g	8 g
5.3 oz / 150 g	10 g
6 oz / 170 g	12 g
8 oz / 227 g	16 g

\* <https://www.fns.usda.gov/sbp/make-breakfast-first-class>

