

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 with Hashbrown Crust (pp. 11-12 of [2025 School Breakfast Challenge Cookbook](#))

[Breakfast Burrito With Salsa - USDA Recipe for Schools – Child Nutrition Recipe Box \(theicn.org\)](#)

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! pp.29-30 of [2025 School Breakfast Challenge Cookbook](#))

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 Pudding with Fresh Strawberries (pp. 33-34 of [2025 School Breakfast Challenge Cookbook](#))

Peach Smoothie with Graham Crackers (pp. 31-32 of [2025 School Breakfast Challenge Cookbook](#))

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 \(theicn.org\)](#)

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

Ensure all yogurts meet the USDA's added sugars limit.

If the serving size is:	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>