







Mix & Match Breakfast Ideas

Looking for a fast breakfast food instead of a fast food breakfast? Try making mix 'n' match breakfast sandwiches — like the ones you find in coffee cafes and fast food restaurants — at home! They're delicious, nutritious and easy to eat when you're balancing kids, keys and backpacks, and often healthier than their fast food counterparts.

One of the best things about breakfast is that it accommodates so many tastes! One a breakfast sandwich you can easily pair a wide variety of ingredients between two pieces of bread (or bread-type products). Mix and match the following ingredients and create your own breakfast sandwich specials.

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| <p>• Breads • Make half of these whole grain</p> <ul style="list-style-type: none"> - Bagels Biscuits - English muffins - Tortillas - French bread - Loaf bread (all kinds) - Rolls - Pita - Pancakes - French toast - Waffles - Croissants  | <p>• Fruits/Vegetables • Choose a colorful variety</p> <ul style="list-style-type: none"> - Bananas - Apples - Peppers - Cherries - Onions - Oranges - Peaches - Pears - Pineapple - Potatoes - Strawberries - Tomatoes - Mushrooms - Zucchini - Melon - Kiwi  |
| <p>• Meat/Proteins • Choose lean cuts and skinless</p> <ul style="list-style-type: none"> - Chicken - Fajita strips - Chicken nuggets - Eggs - Ground beef - Ham - Pork - Sausage - Turkey - Sliced salmon - Peanut butter - Beans  | <p>• Cheeses • Choose low-fat and fat-free kinds</p> <ul style="list-style-type: none"> - American - Cheddar - Monterey Jack - Mozzarella - Swiss - Parmesan - Cream cheese - (light) - Ricotta - Feta  |

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| <p>Open Face Monte Cristo Low fat cheese melted on a slice of whole wheat French toast topped with lean ham and mashed fruit</p> <p>Hawaiian Breakfast Pizza Low fat cheese melted on a toasted English muffin topped with pizza sauce, lean ham and pineapple</p> <p>Breakfast Pita Melt low-fat cheese inside a whole grain pita pocket and spoon in some sliced pears</p> | <p>Wake from a Dream Light cream cheese and thin slices of fresh peaches or berries on a toasted whole wheat bagel</p> <p>Pancake roll-up Link turkey sausage and string cheese in a whole grain pancake</p> <p>Peanut Butter and Banana Dog Peanut butter and banana in a toasted whole wheat hot dog roll</p> |