







## 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 of the best things about sandwiches is that 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.

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

### • Mix & Match Ideas •

#### Open Face Monte Cristo

Low fat cheese melted on a slice of French toast topped with lean sliced ham and mashed fruit

#### Hawaiian Breakfast Pizza

Low fat cheese melted on a toasted English muffin topped with pizza sauce, lean ham and pineapple

#### Breakfast Pita

Melt cheese on a slice of whole grain French toast topped with sliced peaches

#### Wake from a Dream

Ricotta cheese and thin slices of fresh pear on a toasted whole wheat bagel

#### Pancake roll-up

Link turkey sausage and string cheese in a whole grain pancake

#### Peanut Butter and Banana Dog

Peanut butter and banana in a toasted whole wheat hot dog roll



A PROGRAM OF



©2015 National Dairy Council®. Fuel Up is a service mark of National Dairy Council.