

A BALANCE FOR BREAKFAST

Name _____ Period ____ Assign #

Using the recommended number of servings from the MYPYRAMID, analyze the following traditional breakfast menus. What could be added to each to make them balanced? Write two more menus in spaces 17 and 18 that include non-traditional foods.

Reminder: at least 1/4 of the daily intake should be eaten at breakfast.

| MENU | ADDITIONS NEEDED TO BALANCE |
|---|-----------------------------|
| 1. Sausage, eggs and milk | |
| 2. Toast, milk | |
| 3. Cereal | |
| 4. Eggs, hashbrowns, bacon or sausage | |
| 5. Pancakes and orange juice | |
| 6. Eggs and toast | |
| 7. Eggs, milk, toast and cereal | |
| 8. Cereal, pancakes, eggs, sausage | |
| 9. English muffins | |
| 10. Jello dessert | |
| 11. Two cups of coffee | |
| 12. Omelet/ham and cheese, milk, orange juice and toast | |
| 13. Pop tarts | |
| 14. Graham crackers and milk | |
| 15. Pancakes and milk | |
| 16. Doughnut and milk | |
| 17. | |
| 18. | |