

## **TRADITIONAL/NON-TRADITIONAL BREAKFAST**

Name \_\_\_\_\_ Period \_\_\_\_\_ Assign # \_\_\_\_\_

**Directions:**

1. Plan a menu to include a vitamin C product, a carbohydrate and a protein (optional). Foods need to be something to be prepared (no prepared cereal, etc.). Attach recipes and fill out Market Order section.
2. Prepare breakfast.
3. Complete **ANALYSIS OF BASIC NUTRIENTS IN BREAKFAST MENU** and show where each food fits in MyPyramid.

### **MENU**

Attach  
recipes  
here

### **MARKET ORDER**

List all the ingredients you need. Check what is in the lab and **mark** which ingredients must be purchased.

Food item (be specific)

Amount needed   Estimated cost