

Breakfast ideas for outside school hours care

Healthy Eating Advisory Service

Outside school hours care

Try these healthy and delicious breakfast ideas to provide nutritious foods for children and meet the *Food and drink guidelines for outside school hours care*¹.

<p>Grains (cereal) foods</p> <ul style="list-style-type: none"> • Porridge served with yoghurt and stewed or fresh fruit • Wholegrain, low sugar[#] breakfast cereals e.g. untoasted muesli, Weetbix™, Vitabrits™, Sultana Bran™, Just Right™, Uncle Toby's Fibre Plus™ (or similar), with milk and chopped fruit • Toasted fruit or wholemeal bread/English muffins with: <ul style="list-style-type: none"> - spreads: margarine, vegemite, jam, peanut butter (if allergy policy allows) - cheese: ricotta, cottage, light cream cheese - toppings: sliced banana, strawberries • Congee with meat or chicken and vegetables • Pancakes/pikelets* with fruit and yoghurt • Wholemeal/wholegrain wraps filled with meat or egg, cheese and salad 	<p>Milk, yoghurt, cheese and alternatives</p> <ul style="list-style-type: none"> • A glass of plain milk • Fruit smoothies* or lassis • Yoghurt with untoasted muesli. Add stewed or fresh fruit • Toasted wholemeal/multigrain sandwiches with cheese • Cheese (ricotta, cottage, light cream cheese) and tomato on wholemeal/multigrain toast 
<p>Lean meat, poultry, fish, eggs, legumes and nuts</p> <p>Baked beans on English muffins topped with grated cheese</p> <p>Bread cups* (filled with egg)</p> <p>Eggs (e.g. boiled, poached, scrambled, frittata*) with wholemeal toast or crumpets</p> <p>Ham, cheese and pineapple on wholemeal English muffins</p> <p>Hummus dip* on wholemeal/multigrain toast</p> <p>French toast topped with ricotta and stewed or fresh fruit</p> 	<p>Fruit</p> <ul style="list-style-type: none"> • Fruit platter served with yoghurt dip • Wholemeal/multigrain jaffles with fruit fillings (e.g. apple/banana, sultanas and cinnamon) • Fruit salad topped with oats and yoghurt • Fruit bread with apple and ricotta • Fruit muffins/loaves^ (e.g. banana bread*)  <p>Vegetables and legumes</p> <ul style="list-style-type: none"> • Vegetable muffins^ (e.g. carrot muffins*) • Mini pizzas, made with wholemeal English muffins, topped with tomato paste, tomato slices, capsicum, mushrooms, pineapple and cheese • Vegetable frittata* • Vegetable omelette • Wholemeal/multigrain toast topped with vegetables like cooked tomato, avocado, grilled mushroom 

[#] Low sugar breakfast cereals = less than 15g per 100g if dried fruit is not an ingredient, or less than 25g per 100g if dried fruit is an ingredient.

[^] Baked items should not be provided every day. If provided, they should preferably include some fruit or vegetables and wholemeal flour. They should not contain large amounts of fat and sugar.

* Recipe available from www.heas.healthytogether.vic.gov.au

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¹ *Food and drink checklist for outside school hours care*, Healthy Eating Advisory Service, Department of Health, State Government of Victoria, 2013, <http://www.heas.healthytogether.vic.gov.au>.