

30+ BREAKFAST IDEAS FOR KIDS

HOT BREAKFAST

- Hard-boiled egg
- Scrambled eggs
- Hard-boiled egg with toast
- Cooked cereal - oatmeal, grits
- Waffles
- Pancakes
- Breakfast quesadillas

MAKE AHEAD BREAKFAST

- Hard-boiled egg
- Scrambled egg muffin
- Overnight oats
- Homemade breakfast burritos
- Homemade breakfast sandwich
- Homemade muffins
- Breakfast pizza
- Crepes
- Protein waffles
- Protein pancakes
- Baked oatmeal

COLD BREAKFAST

- Peanut butter on whole grain toast
- Toast with a slice of cheese
- Toast with peanut butter and banana slices
- Breakfast toast - top toast with peanut butter or seed butter and top with your choice of fruit
- Cereal and milk
- Fruit smoothie
- Yogurt
- Yogurt Parfait - layer yogurt with granola or dry cereal and fruit
- Cheese stick with a muffin
- Cottage cheese and fruit
- Peanut butter and jelly sandwich
- Bagel with peanut butter
- Avocado toast
- Sliced banana with yogurt and granola
- Yogurt with fruit
- Banana with peanut butter