

MONKEY SANDWICH

Fitchburg Public Schools
Fitchburg, MA

RECIPE INGREDIENTS:

- 1 apple rinsed, pat dry, seeded and cored
- 2 tbsp low fat vanilla yogurt
- 1 strawberry rinsed, pat dry, and sliced into 4 slices
- ½ banana sliced into 5 pieces
- 6 blueberries rinsed, pat dry

PREPARATION METHOD:

1. Slice apple in half along the middle so you have a top and a bottom.
2. Place the bottom slice of apple on the table and spread half the yogurt onto the apple.
3. Layer with the banana, strawberries, blueberries, and remaining yogurt.
4. Top with the other half of the apple and enjoy.



ESSENCE P.

BANANA SPLIT BREAKFAST

Easton Area School District
Easton, PA



RECIPE INGREDIENTS:

- 1 Banana
- 1 Container (32 Oz.) Low-Fat Vanilla Yogurt
- Fresh or Frozen Strawberries, sliced
- Fresh or Frozen Blueberries
- Fresh or Frozen Raspberries
- Non-Fat Whipped Topping
- Granola
- Carob Chips
- Nuts, chopped

PREPARATION METHOD:

1. Slice banana in half lengthwise
2. Using a boat or bowl, place banana along the sides
3. Top with yogurt directly in the middle, about 8 oz. depending on size of boat or bowl
4. Place berries around the sides of boat or bowl, about 1 oz. each
5. Top with whipped topping
6. Finish with sprinkle of granola, carob chips or chopped nuts

Can substitute any fruit like peaches or pineapple for the berries



GINA D.

sodexo

SATURDAY ASIAN BREAKFAST

Keller Independent School District
Keller, TX



RECIPE INGREDIENTS:

- 4 cups of cooked rice
- 4 T. olive oil
- 1 t. minced garlic
- 1 small carrot, diced
- ¼ medium onion, diced
- 4 oz. egg beaters
- ½ cup BBQ sauce (vegetarian-style)
- 1 cup pre-cooked turkey sausage, diced
- 2 T. low sodium soy sauce
- 1 T. sugar, granulated
- Tabasco sauce, a few drops

PREPARATION METHOD:

1. Pre-cook rice and chill
2. Sauté garlic and onion until browned, add carrots
3. Add diced sausage
4. Beat eggs, then pour into pan and cook until firm
5. Add rice and stir until heated
6. Add sauces and sugar. Stir well
7. Serve hot, and garnish with green onion.



LORENZO L.

MINI BREAKFAST PIZZA

North Platte Public School District
North Platte, Nebraska



RECIPE INGREDIENTS:

- 2 - Multigrain Thin Buns
- 4 - Eggs
- 4 T - Turkey Sausage, Cooked
- 4 T - Salsa
- 4 T - Low-fat Shredded Cheese

OPTIONAL INGREDIENTS

- Green Onions – Chopped
- Mushrooms - Chopped
- Green Peppers - Chopped
- Tomato - Chopped
- Carob Chips
- Nuts, chopped

PREPARATION METHOD:

- Cook Eggs – scrambled, then set aside.
- Split thin buns and lightly toast in toaster and place on cookie sheet.
- Spoon 1T of salsa on each bun and spread over bun to edges.
- Divide Scrambled Eggs into 4 servings and place eggs, 1T of sausage onto each bun.
- Add additional toppings as desired.
- Sprinkle low-fat shredded cheese over pizza and place into oven, set on broil and watch carefully until cheese is melted and slightly brown.



JORDON S.

EGGS IN A NEST

Hockinson School District
Hockinson, Washington

RECIPE INGREDIENTS:

3 1/2 C Frozen Shredded Potatoes - Defrosted
1/3 C Olive Oil
1/2 Tsp. Salt
1/4 Tsp. Pepper
1 1/2 Cups Egg Beaters
2/3 C Low Fat Milk
1/2 C Finely Diced Tomatoes
1/3 C Finely Diced Spinach
3/4 C Diced Turkey Sausage
3/4 C Low Fat Shredded Cheddar Cheese
Chopped Parsley for Garnish

PREPARATION METHOD:

1. Preheat oven to 400° F
2. In a large bowl toss together the potatoes, olive oil, salt and pepper
3. Spoon in a little over a 1/4 cup of the potato mixture into each cup of a 12 serving muffin tin
4. Press the mixture into the bottom and up the side of each cup, then bake until golden brown
5. Remove the nests from oven and allow to cool
6. Microwave the sausage until heated through out to 165° F for 15 seconds
7. Meanwhile whisk together the eggs and milk
8. Heat a large nonstick sauté pan over medium high heat
9. Add the tomatoes, spinach and sausage to the egg mixture and cook until hot
10. Remove the nests from the muffin tin and place them on a cookie sheet
11. Fill each with some of the egg mixture
12. Top with a little piece of cheese and put in oven until cheese melts
13. Garnish with parsley and serve warm



MAKAYLA H.