



# School Breakfast Week 2024

Join districts across Texas by serving the TDA-developed "Surf's Up with School Breakfast" menu for National School Breakfast Week (SBW). Recipes include USDA Foods, Texas/local agriculture, and the March Harvest of the Month - Button Mushrooms. The surf's-up-themed menu is appropriate for every grade level. Try a new recipe from TDA or use one of your students' favorite recipes that fit the daily theme. Customize the recipes to fit traditional on the line service, grab n' go, or breakfast in the classroom! For more school breakfast menu planning and service ideas that will get your students "stoked about school breakfast", check out the resources below.

## MENU PLANNING RESOURCE GUIDE

### K-12 Suggested 1-Day Menu

#### EPIC EGG BITES

#### SURF'S UP FRENCH TOAST SQUARES

#### SUNRISE GRAPEFRUIT SLICES

#### ALOHA PINEAPPLE TIDBITS

#### CHOICE OF MILK



#### EPIC EGG BITES

Start your students' day with individual egg casseroles featuring the March Harvest of the Month item-button mushrooms. Other products easily sourced from Texas include spinach and eggs. These egg bites are cooked in muffin tins and can be individually wrapped (IW) for a great grab n' go or breakfast in the classroom (BIC) option.

**RECIPE RESOURCE:** [USDA Recipe for Schools \(Vegetable Frittata\)](#)

*Providing 1/8 cup additional vegetable per serving.*

#### SURF'S UP FRENCH TOAST SQUARES

Maple Baked French Toast Squares feature local eggs and local Texas whole-grain bread. This cinnamon-spiced breakfast offers students a sweet way to start the day. This cinnamon-spiced breakfast offers students a sweet way to start the day! Serve Surf's Up French Toast Squares in a traditional breakfast service or use an as-purchased (local if possible) French Toast Stick product and call them "Surfboard French Toast Sticks" for a BIC or breakfast after the bell (BAB) option.

**RECIPE RESOURCE:** [USDA Recipe for Schools \(French Toast Squares\)](#)

*Providing 1 oz equivalent meat alternate and 1 oz equivalent grains per serving.*

#### SUNRISE GRAPEFRUIT SLICES

Slice Texas Ruby Red grapefruits into whole or half -circles. These "sun-shaped" sweets will help students start the day with local agriculture that not only tastes great but supports student health!

*Providing 1/2 cup fruit contribution per serving.*

#### ALOHA PINEAPPLE TIDBITS

Serve fresh, sliced pineapple or procure canned pineapple tidbits from USDA Foods. Either way, your students will say "Aloha" to school breakfast with these tasty tidbits!

*Providing 1/2 cup fruit contribution per serving.*



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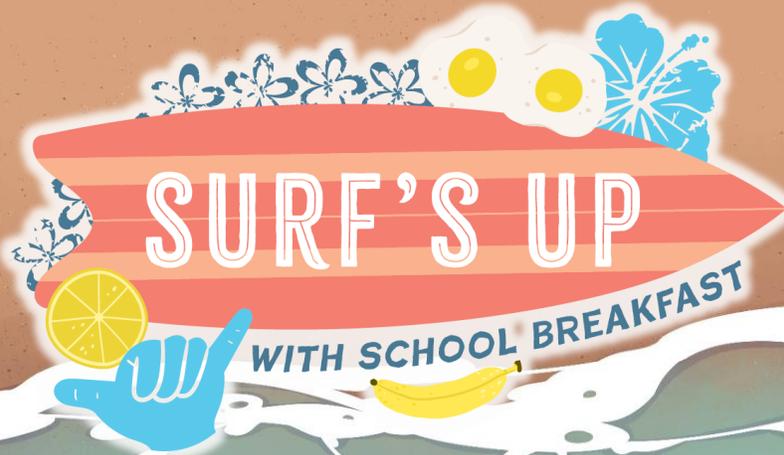


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School Breakfast Program

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Updated 3/4/24  
[www.SquareMeals.org](http://www.SquareMeals.org)



# School Breakfast Resources

## Recipes

### ICN Child Nutrition Recipe Box:

- [Breakfast Burrito with Salsa](#)
- [Peach and Yogurt Smoothie](#)
- [Southwest Tofu Scramble](#)
- [Breakfast Muffins](#)

### The Lunch Box

- [French Toast Casserole](#)
- [Breakfast Parfait](#)
- [Baked Blueberry Oatmeal](#)
- [Breakfast Energy Bites](#)
- [Breakfast Chicken Burrito](#)
- [Hashbrown & Egg Casserole](#)

### Healthy School Recipes

- [Shine Bar](#)
- [Pear Hand Pies](#)
- [Mango con Coco Breakfast Bowl](#)
- [Raspberry Bacon Breakfast Nachos](#)



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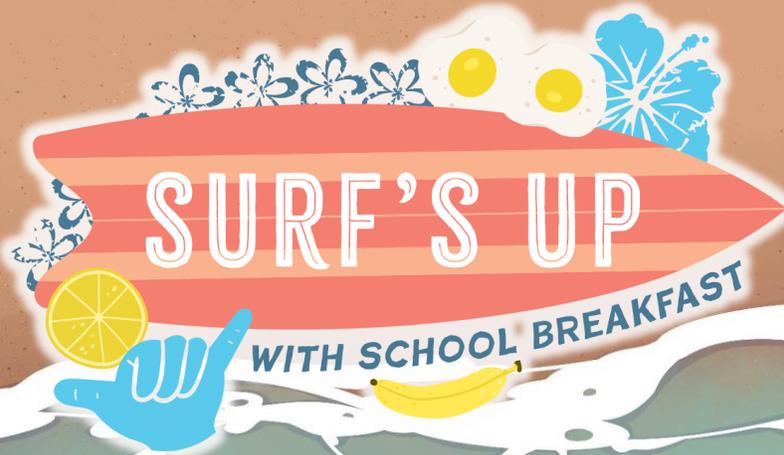
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# School Breakfast Resources

## Materials

### USDA

- [School breakfast materials, handouts, videos, nutrition education, and more](#)
- [Offering M/MA at School Breakfast Guidance](#)
- [Offering Smoothies](#)
- [Reducing Added Sugars at School Breakfast](#)
- [Menu Planner for School Meals](#)
- [Offer vs. Serve Breakfast Program Tip Sheet](#)

### TDA

- [Top 10 Easy Wins for School Breakfast Programs](#)
- [School Breakfast Program Resources on SquareMeals](#)
  - [SquareMeals.org/NSLP/Meal-Appeal](https://www.squaremeals.org/NSLP/Meal-Appeal)



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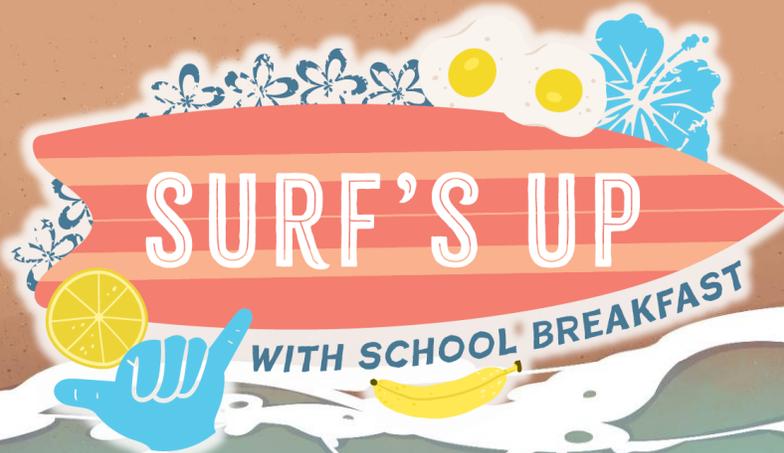
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# School Breakfast Resources

## Webinars and Reports

### No Kid Hungry

- [Hot Breakfast in the Classroom: How to Transition Your Breakfast in the Classroom Program from Cold to Hot](#)
- [Starting a Breakfast After the Bell Program: How to Get Started to Prepare for Success](#)
- [Rise and Shine: Breakfast After the Bell and the Power of Stakeholder Support](#)
- [School Breakfast Promotion Strategies](#)

### FRAC

- [Back to Basics with School Breakfast! A Deep Dive on Breakfast After the Bell](#)
- [Communications Toolkit: School Breakfast Report](#)
- [School Breakfast After the Bell: Equipping Students for Academic Success](#)
- [Benefits of School Breakfast](#)

### ICN

- [STAR Webinar – Success with School Breakfast](#)

### USDA

- [Meal Talk: School Breakfast](#)



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