

We Skoolhouse

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# Breakfast Packet





# The Importance of Breakfast

Breakfast is the most critical meal of the day as it marks the end of their overnight fast, a period during which our bodies are in a state of rest and repair. Known as "breaking the fast," this morning meal is crucial because children's bodies are particularly sensitive to incoming nutrients after a period of sleep. As such, the quality and composition of breakfast play a vital role in providing the essential fuel and nutrients needed to kickstart their morning and sustain them throughout the day.

The ideal breakfast for children consists of whole foods that prioritize protein, healthy fats, and fruits. Protein provides the building blocks for muscle, bone, and tissue formation, supporting physical strength and development. Additionally, protein is essential for the production of enzymes, hormones, and antibodies, helping to regulate various bodily functions and support a strong immune system. Healthy fats provide a sustained source of energy and promote feelings of fullness and satiety, while fresh fruits are packed with essential vitamins, minerals, fiber, and carbohydrates, further supporting children's growth, development, energy, and immune function.

# OUR TOP WHOLE-FOOD ITEMS

**Eggs:** Source of high-quality protein, with essential amino acids for muscle growth and repair, and contain nutrients like choline, which supports brain health.



**Greek Yogurt:** Rich in protein and calcium, it also contains probiotics, which support gut health and digestion.



**Seeds:** like chia seeds, flaxseeds, and hemp seeds are rich in omega-3 fatty acids, fiber, and protein. They support brain health, heart health, and digestion.



**Nitrate-Free Meats:** Such as nitrate-free bacon, ham, or turkey provide essential nutrients like iron, zinc, & B vitamins.



**Fresh Fruit:** like avocados, apples, berries, and oranges are nutrient-dense and provide vitamins, minerals, fiber, and natural sugars for energy & hydration



**Wild Caught Fish:** Rich in omega-3 fatty acids, promoting heart and brain health, while providing high-quality protein & vitamin D.



**Cottage Cheese:** is high in protein and calcium, supporting muscle growth, bone health and development.



**Nut Butter:** such as almond or peanut butter, is rich in protein, healthy fats, and vitamins. It provides sustained energy and promotes satiety.





# Kitchen Health & Safety

Here are some health and safety tips for children helping in the kitchen while inspiring them to be involved in the process:

- **Wash Hands:** Teach children the importance of washing their hands with soap and water before and after handling food to prevent the spread of germs and bacteria.
- **Use Child-Friendly Tools:** Provide age-appropriate utensils and kitchen tools for children to use, such as plastic knives, mixing spoons, and measuring cups.
- **Supervision:** Always supervise children while they are in the kitchen to ensure their safety. Teach them how to safely use kitchen equipment under adult guidance.
- **Safe Cooking Practices:** Teach children safe cooking practices, such as using oven mitts when handling hot pots and pans, turning handles away from the stove edge to prevent spills, and keeping a safe distance from heat sources.
- **Knife Safety:** Demonstrate proper knife safety techniques, such as holding the knife securely with fingers away from the blade, using a cutting board on a stable surface, and cutting away from the body.
- **Taste Testing:** Involve children in taste testing and sampling ingredients to encourage them to explore new foods and flavors.
- **Positive Reinforcement:** Provide praise and positive reinforcement to children for their efforts in the kitchen, regardless of the outcome.
- **Have Fun!:** Make cooking and baking a fun and enjoyable experience for children by involving them in meal planning, recipe selection, and food preparation.

# Ways To Include Your Child

Involving children in preparing, cooking, and serving snacks and meals is a valuable educational experience that promotes practical life skills essential for daily living. Through hands-on participation in meal preparation and serving, children develop skills such as nutrition knowledge, kitchen safety, and fine motor coordination. They learn to follow recipes, measure ingredients, and practice basic cooking techniques, all of which are important practical life skills. Preparing and serving food together fosters teamwork, communication, and cooperation, while also improving children's confidence and sense of responsibility.

## Wash Fruits & Vegetables



## Counting and Sorting



## Mixing & Pouring



## Handing Utensils



## Cutting Ingredients



## Clean-up



# BREAKFAST RECIPES



# WE SKOOLHOUSE BREAKFAST MENU



## OMELETTE CUPS



## INGREDIENTS

- **This recipe is for a 12-cup muffin pan**
- 8 Organic, free range eggs
- 3 Tablespoon milk or half-and-half
- Oil to grease muffin/cupcake pan
- Salt and pepper to taste
- Toppings of choice: cheese, broccoli, uncured cubed ham, chopped spinach, peppers, onions, tomatoes

## DIRECTIONS

- Preheat oven to 400°F
- Gently grease the inside of the the muffin pan
- In a large bowl, mix the eggs, milk, salt and pepper
- Chop up toppings of choice and separate accordingly (perhaps you add broccoli, ham and cheese to four spaces and peppers and onions to another 4 spaces, etc.
- Add toppings to the tray then pour egg mix on top.
- Bake for approximately 20 minutes.
- Serve warm, and refrigerate the remainder cups for the rest of the week. Heat for 30 seconds and enjoy!

# WE SKOOLHOUSE BREAKFAST MENU



## YOGURT PARFAIT



### INGREDIENTS

- Unsweetened full fat yogurt (milk of choice: full fat cow's milk, coconut milk, oat milk, almond milk)
- Granola of choice
- Chopped fruit of choice (berries, bananas, pears)
- Optional: Raw unprocessed honey (for children 2+ years old) or molasses

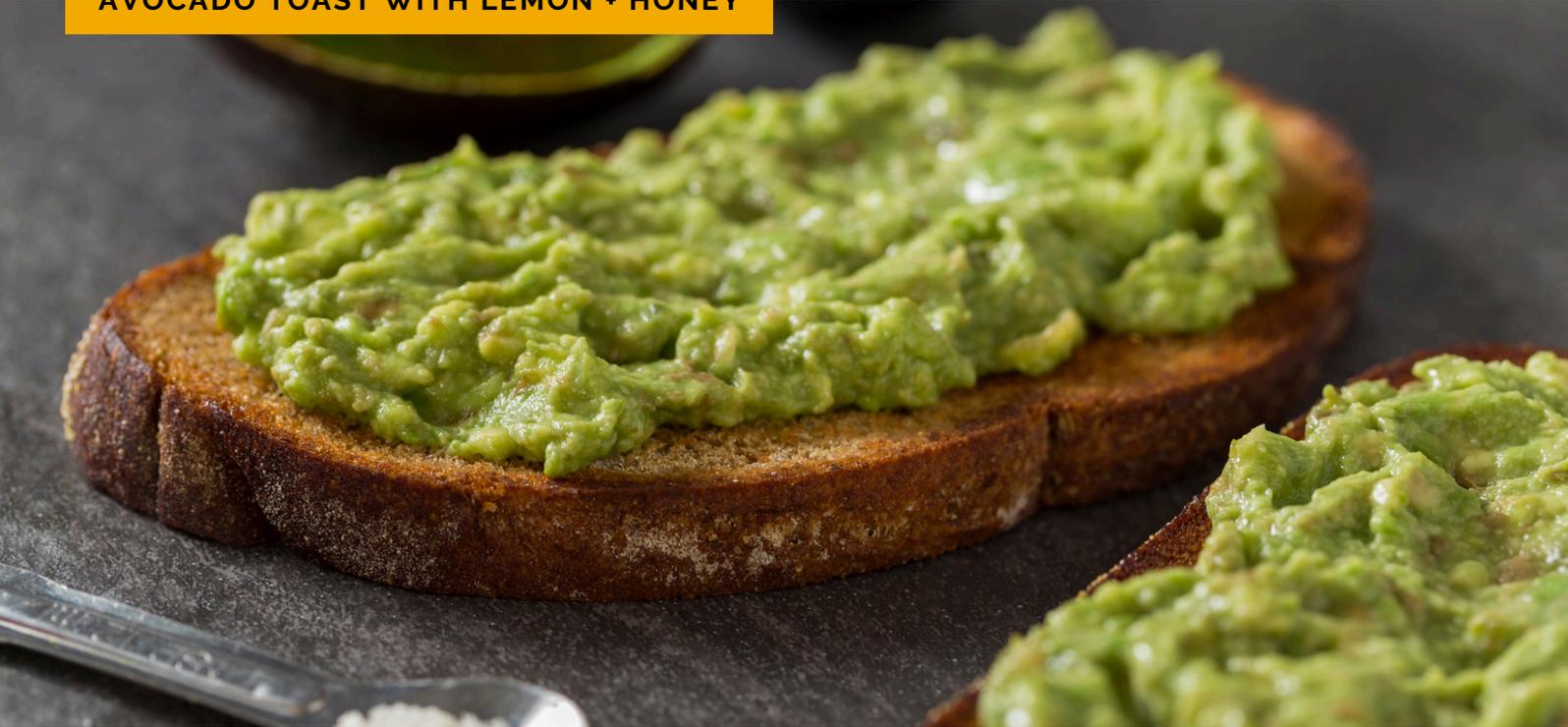
### DIRECTIONS

- Add unsweetened yogurt to a large cup or small bowl
- Top with granola and chopped fruit of choice.
- Optional: You or your child can layer ingredients, e.g. yogurt, fruit, and granola, then repeat.

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## AVOCADO TOAST WITH LEMON + HONEY



### INGREDIENTS

- 1 slice of sourdough or sprouted whole grain bread
- 1/2 - 1 whole avocado
- 1/4 of a lemon
- 1 teaspoon raw, unprocessed honey  
**(ages 2+ years)**
- salt and pepper to taste
- Optional base: cream cheese
- Optional additional toppings: chia or sesame seeds

### DIRECTIONS

- Mash up and spread about half an avocado over a slice of bread - you can toast the bread for a bit of an extra crunch. You can also vary the amount of avocado based on your child's liking.
- Gently squeeze a 1/4 of a lemon wedge over the avocado
- Gently drip a teaspoon of honey over the avocado
- Add salt and pepper to taste.

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## CHIA PUDDING (SERVED COLD OR WARM)



### INGREDIENTS

**For cold chia pudding: prepare night before or 2 hours in advance**

- 2 tablespoon chia seeds
- 1/2 cup of milk of choice (cow, almond, coconut, oat)
- Toppings of choice:
  - (Vanilla extract, stevia, cinnamon, nut or seed butter, coconut flakes, cacao nibs/powder, fresh fruit.

### DIRECTIONS

- Thoroughly mix chia seeds and milk together:
  - **For cold chia pudding:** Put in an air tight container and place in the refrigerator for at least two hours to thicken. When read to eat, add toppings of choice.
  - **For warm chia pudding:** Boil the mix over medium low heat for approximately 5 minutes. Add toppings of choice

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## PANCAKES WITH FRESH FRUIT



## INGREDIENTS

- 1 Egg
- 1 Cup of flour of choice (wheat, almond, coconut)
- 1 Tablespoon sweetener (monk fruit, stevia, sugar)
- 3 Teaspoons baking powder
- 3/4 Cup of milk of choice (cow, almond, coconut)
- 2 Tablespoons of oil of choice or butter
- 1/4 Teaspoon of sea salt
- Fresh fruit of your child's choice
- Additional Toppings: Butter and/or syrup

## DIRECTIONS

- In a large bowl, mix the egg with a whisk, then add the remaining ingredient and mix until fully blended.
- After lightly greasing your skillet, turn on medium to high heat. After about a minute or two, pour and distribute small portions of the batter into the skillet, forming small pancakes.
- Let each pancake cook for about 2-3 minutes per side, or until they're bubbling on top.
- Optional: Have fun and create a lovable character, made from the pancakes + fruit.

# WE SKOOLHOUSE BREAKFAST MENU



## SCRAMBLED EGGS, TOAST & TOMATOES



### INGREDIENTS

- 2 Large Eggs
- 2 Tablespoons of Whole Milk
- 1/2 Tablespoon Butter
- Pinch of Sea Salt + Pepper
- 1-2 Slices of Bread of Choice
- Organic Cherry Tomatoes (cut in half, ideally quartered)
  - If your child does not like tomatoes, replace with desirable fruit of choice

### DIRECTIONS

- In a bowl, mix together the eggs and milk until blended
- Set your skillet to high and add the butter. After a minute, add the egg mix to the middle to the skillet.
- Scramble until egg curds/bubbles begin to form. Reduce heat to low and begin folding egg over itself.
- When egg is no longer "running," remove from heat and add to plate.
- Let cool for about a minute and enjoy!

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## CINNAMON OATMEAL WITH FRESH APPLES



### INGREDIENTS

- 1 cup old-fashioned oats
- 1/2 cup of milk of choice (full fat cow, almond, oat, coconut)
- 1 Tsp of cinnamon
- Small dash of pink Himalayan salt
- 1 Tsp sweetener - we recommend stevia or monk fruit
- 1 Apple (sliced, cubbed, or hole)
- Optional Toppings: Raisins, Nuts and/or seeds

### DIRECTIONS

- In a small pot, bring the milk to a boil.
- Add the oats, sweetener, cinnamon, and salt and reduce heat to low.
- Simmer the oats until consistency is tender and creamy.
- Add to a small bowl, add toppings, and serve with fruit

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## BLUEBERRY LEMON MUFFINS



### INGREDIENTS

- Spray of choice or cupcake liners
- 1 1/2 cups of flour of choice (wheat, almond, etc.)
- 1/4 cup sweetener of choice (if using stevia or monk cut the serving at least in half)
- 4 large eggs
- 4 tablespoons butter
- 2 tablespoons milk of choice
- 1 tablespoon vanilla abstract
- 1/2 teaspoon baking powder
- 1/8 teaspoon salt
- 1 cup fresh blueberries
- 1 lemon squeezed (can add lemon zest from peel!)

### DIRECTIONS

- Preheat oven to 350 degrees Fahrenheit
- Either spray your muffin pan with oil or add cupcake liners
- In a large bowl, whisk together sweetener, eggs, butter, milk, and vanilla extract
- Add flour of choice to bowl, and consistently whisk until smooth. Then add baking powder and salt while whisking
- Squeeze in lemon juice from 1 lemon
- Add blueberries and mix until evenly distributed
- Evenly distribute batter among the cups
- Put into the oven and bake for 18-20 minutes
- Remove from oven and let sit for 20 minutes

# WE SKOOLHOUSE BREAKFAST MENU



## BREAKFAST BURRITO



## INGREDIENTS

- 2 large eggs
- 2 tablespoons of whole milk
- 1/2 Tablespoon butter
- Pinch of sea salt + pepper
- Soft tortillas
- Optional mix-ins of choice:
  - Shredded cheese
  - Bell Peppers
  - Crumbled nitrate-free bacon or sausage
  - Chopped leafy greens (spinach, arugula)
- Optional side: Fresh fruit of child's choice

## DIRECTIONS

- In a bowl, mix together the eggs & milk until blended. Mix in ingredients of choice (e.g., cheese).
  - If adding crumbled bacon or pork, cook first according to the directions on the package, then mix in with eggs.
- Set your skillet to high and add butter. After a minute, add the egg mix to the middle of the skillet.
- Scramble until egg curds/bubbles begin to form. Reduce heat to low and begin folding the egg over itself.
- When the egg is no longer "running," turn off the heat.
- While eggs cool, microwave tortillas for about 10 seconds to warm and soften.
- Scoop eggs and add to the tortilla. Enjoy!

# WE SKOOLHOUSE BREAKFAST MENU



## DOUBLE CHOCOLATE OVERNIGHT OATS



**\*Prepare the night before for best results**

### INGREDIENTS

- 1/2 cup of rolled oats
- 1/2 cup of milk of choice
- 1 tablespoon of maple syrup
- 1 tablespoon unsweetened cacao powder
- 1/4 cup of plain full fat yogurt of choice
- 2 teaspoons of chia seeds
- Dash of sea salt
- Optional: dash of cinnamon
- Optional toppings:
  - semi-sweet chocolate chips, coconut flakes, diced fresh fruit, extra chia seeds

### DIRECTIONS

- Add all ingredients to a large bowl and mix until all ingredients are evenly blended together
- Pour oat mix into an air-tight container, such as a mason jar
- Add toppings of choice
- Tightly close the top of the jar and put in fridge
- Bring out next day, serve, and enjoy
- Tips: Double or triple the recipe to have breakfast prepped for the next few days.
- The longer the oats sit in the fridge, the thicker the consistency - enjoy up until five days

# WE SKOOLHOUSE BREAKFAST MENU



## RICE CAKES WITH COTTAGE CHEESE & FRESH STRAWBERRIES



### INGREDIENTS

- 1 - 2 rice cakes
- Small bowl full of whole milk/full unsweetened cottage cheese
- Small bowl of strawberries (ideally cut in quarters to reduce risk of choking)

### DIRECTIONS

- Have your child scoop cottage cheese into a small bowl
- With a toddler safe knife, allow them to spread the cottage cheese over the surface of their rice cakes
- serve with fresh cut strawberries and enjoy!

### DAIRY FREE + VEGAN OPTION

- Choose a plant-based/vegan cream cheese or use nut/seed butter

# WE SKOOLHOUSE BREAKFAST MENU



## SCRAMBLED EGG TACOS WITH AVOCADO SLICES AND CHEESE



### INGREDIENTS

- 2 large eggs
- 2 tablespoons of whole milk
- 1/2 Tablespoon butter
- Pinch of sea salt + pepper
- Soft tortillas of choice (e.g. corn, flour, cassava, almond)
- Optional mix-ins of choice:
  - Shredded cheese, tomatoes, etc.
- 1 ripe avocado

### DIRECTIONS

- In a bowl, mix together the eggs & milk until blended. Mix in ingredients of choice (e.g., cheese)
- Set your skillet to high and add the butter. After a minute, add the egg mix to the middle of the skillet.
- Scramble until egg curds/bubbles begin to form. Reduce heat to low and begin folding the egg over itself.
- When the egg is no longer "running," turn off the heat.
- While eggs cool, microwave tortillas for about 10 seconds to warm and soften.
- Scoop eggs and add to the open tortilla.
- Cut the avocado into slices.
- Roll up the tortilla, plate it, and enjoy!

# WE SKOOLHOUSE BREAKFAST MENU



## CREPES WITH LEMON, RICOTTA + HONEY:



### INGREDIENTS

#### For the crepes:

- 1 cup cold water
- 1 cup cold milk
- 4 large eggs
- ½ tsp salt
- 2 cups of all-purpose flour. Can sub ¼ cup whole wheat or buckwheat flour 4 tbsp melted butter

#### For the Ricotta:

- 2 cups ricotta (whole milk)
- ¼ cups honey or to taste
- 1 teaspoon lemon zest

### DIRECTIONS

#### For the crepes:

- Whirl all ingredients together in an electric blender, or beat eggs and flour together, adding liquids gradually.
- Chill batter for at least two hours in the fridge.
- Lightly brush the surface of a non-stick pan with vegetable oil. Heat over medium heat until hot.
- Measure batter by the ¼ cup into the center of the hot pan. Distribute the batter evenly over the bottom of the pan in a light film.
- When the edges turn brown, and you can shake the crepe loose from the bottom, flip the crepe and cook briefly for 30 seconds on the other side. Oil pan if needed in between crepes.
- Makes about 12 7-inch crepes.
- If making crepes in advance, store them between layers of wax paper. Crepes can also be frozen this way in a covered container. To reheat, covered, in a 300F oven.

#### For the Ricotta:

- Stir to combine ingredients.
- Spoon 2 table spoons along the middle of each crepe, roll, and enjoy!

# WE SKOOLHOUSE BREAKFAST MENU



## BUCKWHEAT CEREAL WITH RAISINS, CINNAMON, BUTTER & MAPLE SYRUP



### INGREDIENTS

- ½ cup buckwheat cereal
- Raisins
- Cinnamon
- Butter
- Maple syrup
- 1/4 cup of milk (of choice)

### DIRECTIONS

- Boil in a small pot 2 cups of water
- When water is boiled, add 1 cup of buckwheat cereal (cooking instructions may vary according to the buckwheat cereal)
- Cook for 10-15 minutes until it gets tender.
- Drain any remaining water.
- Add 1/4 milk (of choice) and mix until fully blended.
- Add the cinnamon, butter, and maple syrup to taste.

# WE SKOOLHOUSE BREAKFAST MENU



## STRAPATSADA



### INGREDIENTS

- 4-5 ripe tomatoes, chopped
- 1 small red onion, finely chopped
- 4-5 large eggs
- 100g feta cheese, crumbled
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Fresh parsley or basil leaves for garnish (optional)

### DIRECTIONS

- Heat the olive oil in a large frying pan over medium heat.
- Add the chopped tomatoes and red onion to the pan. Sauté for about 5-7 minutes, until the tomatoes start to break down and release their juices.
- Use a spoon or spatula to crush the tomatoes while cooking lightly.
- Season the tomato mixture with dried oregano, salt, and pepper.
- Reduce the heat to low and let the tomato mixture simmer gently for about 5 minutes, allowing the flavors to meld together.
- In a separate bowl, whisk the eggs until well beaten.
- Pour the beaten eggs into the pan with the tomato mixture. Stir gently to combine, allowing the eggs to cook and scramble with the tomato sauce.
- Continue cooking and stirring until the eggs are cooked to your desired consistency, about 3-5 minutes.
- Sprinkle the crumbled feta cheese over the scrambled eggs. Stir briefly to combine, allowing the cheese to melt slightly.
- Remove from heat and transfer the Strapatsada to a serving dish.
- Garnish with fresh parsley or basil leaves if desired.

# WE SKOOLHOUSE BREAKFAST MENU



## FRENCH TOAST STICKS WITH MAPLE SYRUP AND BERRIES



### INGREDIENTS

- 2 slices white or wheat bread
- 1 egg
- ¼ cup milk
- ¼ tsp ground cinnamon
- ½ tsp vanilla extract
- 2 tbsp maple syrup
- ½ cup raspberries
- ½ cup blueberries

### DIRECTIONS

- Cut each slice of bread into 4 sticks.
- Whisk the eggs, milk, cinnamon, and vanilla extract together in a shallow dish.
- Dip both sides of the bread strips into the egg mixture.
- Fry the dipped bread sticks in batches, turning once, until golden on both sides.
- Place the sticks on a plate.
- Add the maple syrup, and the berries.

# WE SKOOLHOUSE BREAKFAST MENU



## MIGAS



### INGREDIENTS

- Toasted bread, cut into small pieces
- Nitrate-free chorizo or bacon, diced
- Olive oil
- Garlic cloves, minced
- Red bell pepper, diced
- Salt and pepper to taste
- Optional toppings:  
Avocado or roasted peppers,

### DIRECTIONS

- Heat olive oil in a pan and add the diced chorizo or bacon. Cook until they are crispy.
- Remove the chorizo or bacon from the pan and set it aside, leaving the oil in the pan.
- Add the minced garlic to the pan and cook for a minute until fragrant.
- Add the diced red bell pepper to the pan and cook until it becomes tender.
- Add the bread pieces to the pan and toss them in the oil until they are coated and start to turn golden brown.
- Return the cooked chorizo or bacon to the pan and mix everything together.
- Season with salt and pepper to taste.
- Add optional toppings like Avocado or roasted peppers and serve.

### DAIRY FREE + VEGAN FREE OPTION

- Replace the bacon or the chorizo with plant-based protein

# WE SKOOLHOUSE BREAKFAST MENU



## ENERGY OAT BALLS



## INGREDIENTS

- 1 cup rolled oats
- 1/2 cup nut butter (such as peanut butter or almond butter)
- 1/4 cup honey or maple syrup
- 1/4 cup mini chocolate chips or raisins
- 1/4 cup ground flaxseed
- 1 teaspoon vanilla extract

## DIRECTIONS

- In a large bowl, combine rolled oats, nut butter, honey or maple syrup, mini chocolate chips or raisins, ground flaxseed, and vanilla extract. Mix well until all the ingredients are evenly incorporated.
- If desired, add any optional add-ins of your choice, such as shredded coconut or chia seeds. Mix well.
- Place the mixture in the refrigerator for about 15-30 minutes to make it easier to handle.
- Once chilled, take small portions of the mixture and roll it into bite-sized balls using your hands.
- Repeat the process until all the mixture is used.
- Place the energy oat balls on a baking sheet lined with parchment paper and refrigerate for at least 1 hour to firm up.

# WE SKOOLHOUSE BREAKFAST MENU



## GRILLED HAM & CHEESE



### INGREDIENTS

- 2 slices of bread (your choice of bread)
- 2-4 slices of nitrate-free ham
- 2 slices of cheese (cheddar, Swiss, or your preferred cheese)
- Butter

### DIRECTIONS

- Preheat a skillet or griddle over medium heat.
- Butter one side of each bread slice (optional).
- Place one slice of bread, buttered side down, on the skillet or griddle.
- Layer the ham slices on top of the bread slice.
- Place the cheese slices on top of the ham.
- Top with the second slice of bread, buttered side up.
- Cook for 2-3 minutes on each side, or until the bread is golden brown and the cheese is melted.
- Remove the ham and cheese toast from the skillet or griddle.
- Allow it to cool for a minute before cutting it in half or serving it as a whole.

# WE SKOOLHOUSE BREAKFAST MENU



## FRUIT-MEAL BREAKFAST FOX



## INGREDIENTS

- 1 cup rolled oats
- 2 cups water
  - Can replace with milk (dairy or plant-based)
- Pinch of salt (optional)
- Sweeteners of your choice (e.g., honey, maple syrup, stevia).
- Ingredients for optional cat: two slices of orange, two slices of banana, two blueberries, and one (cut) grape of cherry for the nose.

## DIRECTIONS

- In a saucepan, combine the rolled oats, water or milk, and salt (if desired).
- Place the saucepan over medium heat and bring the mixture to a gentle boil, stirring occasionally.
- Reduce the heat to low and simmer the oatmeal for about 5 minutes, or until it reaches your desired consistency. Stir occasionally to prevent sticking.
- Once the oatmeal is cooked, remove the saucepan from the heat and let it rest for a minute or two.
- Sweeten your oatmeal with honey, maple syrup, or any other preferred sweetener.
- Give the oatmeal a final stir and serve it warm in bowls.