



February is National Hot Breakfast Month

Break out of the cold cereal habit in February-- It's National Hot Breakfast Month! Challenge yourself to serve a hot breakfast at least three times a week during the month. Need some ideas? Try these:

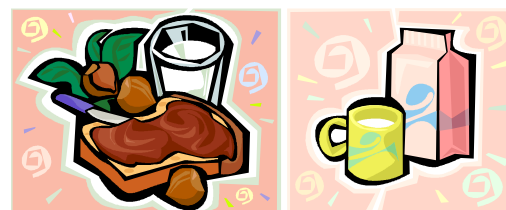
Peanut butter on warm toast with banana and milk
 Cream of wheat, orange juice and milk
 Hot homemade cinnamon rolls, oranges and milk
 Warm rice, peaches and milk
 French toast, banana and hot chocolate
 English muffin breakfast pizza, hashbrowns and milk
 Buttermilk biscuits, fruit kabobs, flavored milk
 Warm cornbread, apple slices and milk
 Blueberry muffins, hashbrowns with cheese and milk
 Warm banana bread, orange slices and milk
 Cinnamon toast with raisins, pineapple and milk
 Warm homemade coffee cake with applesauce and milk
 Grilled cheese sandwich, apples and milk
 Pumpkin muffin, warmed applesauce and milk
 Egg and cheese breakfast burrito, pears and milk
 Croissant, cantaloupe and milk
 Biscuits with sausage gravy, grapefruit sections and milk
 Oven baked pancakes (recipe below), oranges and milk

Oven Baked Pancakes

1 1/2 c. flour
 1 T. baking powder
 1/8 c. sugar
 1 tsp. salt
 1 egg
 1/8 c. oil
 1 1/2 c. milk

Mix all ingredients in a large mixing bowl on low speed for 30 seconds. Scrape sides and mix for 1 minute on medium speed, until batter is smooth. Pour into a lightly greased 9 x 13 inch pan and bake for 8-10 minutes at 450 degrees. Cut into 12 servings.

CACFP Credit: one serving = one bread for 3-5 year olds



Good Sources of Calcium

Preschoolers need calcium for proper bone and tooth development as well as other basic body functions.

Milk, 1 cup (8 fl oz) - 290-305 mg
Yogurt, plain, lowfat, 1/2 cup - 210 mg
Yogurt, sweetened and flavored, unfortified - 130-150 mg
Cheese, cheddar, American, etc. (1 oz) - 150-225 mg
Collards, cooked, 1/2 cup - 178 mg
Spinach, cooked (1/2 cup)- 120-150 mg
Soybeans, cooked (1/2 cup) - 130 mg
Almonds (1 oz, about 24) - 70-75 mg
Cottage cheese (1/2 cup)- 70 mg
Sweet Potato, (1/2 cup) - 45 mg
Beans, Great Northern, navy, pink, pinto, red kidney, garbanzo (1/2 cup) - 40-65 mg
Broccoli, raw, 1 cup - 43 mg

Other sources include calcium fortified foods such as orange juice, snack bars and breakfast cereals.