

Focus on Fiber in School Breakfast

Including fiber-rich foods like whole grains, fruits, and non-starchy vegetables in school breakfast helps students feel full and maintain energy through the morning.

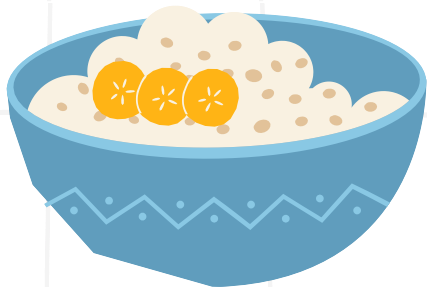
Methods to increase fiber

Aim for More Whole Grains

Add options like overnight oats, grain bowls with quinoa, and crunchy granola for on-trend, grab-and-go options.

Offer Colorful Vegetables

Try salsa with a breakfast quesadilla or add broccoli to quiche for color, fiber, and variety.



Serve More Whole and Cut-Up Fruits

Fruit has more fiber than juice.



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