



Breakfast Basket

NDC
NATIONAL DAIRY COUNCIL™

INNOVATION
CENTER FOR U.S. DAIRY.
HEALTHY PEOPLE • HEALTHY PRODUCTS • HEALTHY PLANET

Breakfast Basket – Quick Scratch Preparation

Recipe HACCP Process: #1 No Cook

Meal Pattern Crediting (1 serving): 1 Dairy M/MA, 1 Grain, 1 cup Fruit

Portion Size: 1 basket

Ingredients		Directions
Choose items to design your box: <ul style="list-style-type: none"> • One dairy ingredient • One whole grain ingredient • Two fruit ingredients (1/2 cup each) 		<ol style="list-style-type: none"> 1. Place components in container, in individual compartments or using soufflé cups, muffin liners or paper to create separation where needed. Any container with 1 – 4 compartments may be used. CCP: No bare hand contact with ready-to-eat food. 2. During prep, place sliced fruit into an acid, such as lemon, pineapple, or orange juice, to prevent browning. CCP: No bare hand contact with ready-to-eat food. 3. Refrigerate until service. CCP: Hold and serve at 41°F or below.
Item	Serving	Ingredients
Dairy	1 oz. natural cheese or 4 oz. (1/2 cup) Greek or regular yogurt	String cheese Cheddar, cubes or slices Colby Jack, cubes or slices Mozzarella, cubes or slices Monterey Jack, cubes or slices Greek yogurt Regular yogurt CCP for all dairy products: Hold and serve at 41°F or below.
Whole Grain	1 oz. equivalent	WG bread WG muffin WG cereal WG flatbread WG graham crackers WG bagel
Fruit	1 cup total (Two 1/2 cup servings of different fruits)	Canned mandarin oranges, peaches, pears, pineapple Fresh apples – red or green, sliced Fresh banana, sliced Fresh cantaloupe, sliced CCP: Hold and serve at 41°F or below. Fresh grapes – red or green Fresh kiwi, sliced Fresh orange, segmented Fresh pears, sliced Fresh strawberries, sliced Fresh tangerines, whole Prepare all fresh produce according to SOP

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Comments		Nutrients Per Serving—Analyzed using NutriKids software					
Presentation Suggestions:		Calories	230–364	Saturated Fat	0.3–3.9 g	Iron	1.4–1.6 mg
Yogurt	<ul style="list-style-type: none"> • Top with granola • Top with dried fruit • Top with cereal • Drizzle with honey 	Protein	9.7–13.9 g	Cholesterol	0.0–21.0 mg	Calcium	174.2–249.4 mg
		Carbohydrate	42.0–67.5 g	Vitamin A	80.3–704.9 IU	Sodium	198.6–202.1 mg
		Total Fat	1.5–8.0 g	Vitamin C	4.8–124.9 mg	Dietary Fiber	3.1–5.7 g
		Fruit		<ul style="list-style-type: none"> • Apples & grapes • Berries & apples • Fruit cocktail • Red & green apples • Red & green grapes 			
Cheese		<ul style="list-style-type: none"> • Colby Jack (two-tone) cheese • Cheddar & Mozzarella (1/2 oz each) • Block cheese cut into triangles 					
Whole Grain		<ul style="list-style-type: none"> • Bread cut into triangles • Mini muffin • Mini bagel • Granola • Whole grain cereal blended with raisins • Graham crackers/sticks 					

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