

Perfect Breakfast Menu for Test Week

Monday

Spinach and Kale
Smoothie with
Flaxseeds

Whole grain toast with
Butter

Tuesday

Egg in a Basket

Orange Slices

Milk

Wednesday

Lean Bacon and Egg
on a Whole Grain
Toasted English Muffin

Cranberry Juice

Thursday

Whole Grain
Pancakes with Berries

Orange Juice

Friday

Blueberry
Muffins

Turkey
Sausage
Patty (brown
and serve)

Milk

**Recipes are listed on
Page 2, so you may
print two-sided!**



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MAKE YOUR KID SMARTER TODAY