



8 quick and tasty breakfasts in less than 5 minutes!

1 Instant oatmeal, canned peaches, milk

2 Cold cereal, banana and milk

3 Crackers and cheese, orange wedges



4 Heated leftover pizza and orange juice

5 Carton of yogurt, banana and wheat toast

6 Toasted English muffin, peanut butter, glass of milk

7 Baby carrots, mozzarella cheese and a bagel

8 Tomato soup made with milk and crackers

