



Fueling Georgia's Future with Breakfast

Rise and shine and get to school for breakfast time

Breakfast is a great time to incorporate local ingredients on your school breakfast menu. Menu items can feature locally sourced popular breakfast items such as: eggs, fruit and vegetables, grains, herbs, and dairy products. Incorporating Georgia grown products can not only improve the quality of the meal but also help support Georgia farmers and their families.

Getting Started

Start by featuring one locally grown product on your menu for a special promotion such as National School Breakfast Week. When you are developing your menus, allow for opportunities to feature locally grown and raised ingredients throughout the year. Many common breakfast items are available locally year-round. Here are some ideas to give your breakfast a locally grown boost:

Eggs

Get EGG-cited about incorporating locally grown eggs during breakfast. You can find recipes and classroom connection opportunities, and virtual field trips on the American Egg Board website: <https://www.aeb.org/eggs-in-schools/schools>
<https://www.aeb.org/eggs-in-schools/classroom/farm-to-table-virtual-field-trips>

Fruit and Vegetables

The Harvest of the Month calendar serves as a guide to help identify locally grown fruit and vegetables that can be featured certain months of the year. Additionally, local produce can be frozen in season for use throughout the year. The Harvest of the Month website aims to be BERRY helpful: <http://gafarmtoschool.org/harvest-of-the-month/>

Grains

Locally grown grains can be incorporated into baked goods such as muffins and breads or stand alone as grits. Your students will like them a WAFFLE-lot.

Herbs

Flavor profiles of locally grown herbs allow you to customize breakfast entrees and create beautiful garnishes on serving lines. It's THYME to spice up your breakfast options with locally grown herbs.

Dairy Products

Smoothies and parfaits are DAIRY popular and portable. They are an easy way to incorporate locally grown fruit, yogurt and/or granola on your grab-and-go breakfast menus. You can find recipes and classroom connection opportunities on the Dairy Alliance website: <https://thedairyalliance.com/dairy-in-schools/>

To learn more about Farm to School opportunities in Georgia, visit: <http://gafarmtoschool.org/>