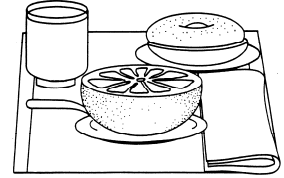




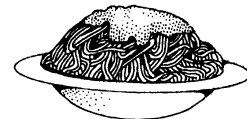
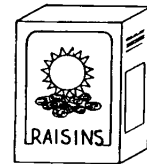
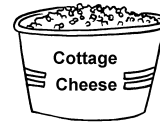
## No Time for Breakfast?

Check out the ways you can build a breakfast around foods that are ready-to-eat or take little time to prepare.



### Quick-to-Fix Foods

- Fresh, canned, or frozen fruit and vegetable juices. Fresh and frozen juices can be prepared ahead and stored in the refrigerator.
- Fresh, canned, or dried fruits.
- Milk, yogurt, cheese, cottage cheese, custard.
- Leftover poultry, fish and meat; canned fish such as tuna, lean luncheon meats.
- Leftovers such as casseroles (macaroni & cheese), spaghetti, pizza, enchiladas, etc.
- Whole-grain breads, muffins, rolls, pancakes, etc.
- Quick-cooking and instant hot cereals.
- Ready-to-eat low sugar cold cereals.



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