

Food and drink ideas

Breakfast ideas for outside
school hours care (OSHC)

Food and Drink Ideas

Breakfast ideas for OSHC

Try these healthy and delicious breakfast ideas to provide nutritious foods for children and meet the Food and drink guidelines for outside school hours care.



Grains (cereal) foods

- Porridge served with yoghurt and stewed or fresh fruit
- Wholegrain, low sugar* breakfast cereals with milk and chopped fruit
- Congee with meat or chicken and vegetables
- Pancakes or pikelets with fruit and yoghurt

*Low sugar breakfast cereals
 • less than 15g per 100g if dried fruit is not an ingredient
 • less than 25g per 100g if dried fruit is an ingredient.



- Wholemeal or multigrain toast, muffins, or crumpets with:
 - mashed avocado or banana and cinnamon
 - hummus, beetroot dip, tzatziki, tahini or a nut butter
 - Greek yoghurt and sliced fruit
- Wholemeal or wholegrain wraps filled with meat or egg, cheese and salad



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Lean meat, poultry, fish, eggs, legumes and nuts

- Baked beans on English muffins topped with grated cheese
- Bread cups (filled with egg)
- Eggs (boiled, poached, scrambled, frittata) with wholemeal toast or crumpets
- Ham, cheese and pineapple on wholemeal English muffins
- Hummus dip on wholemeal or multigrain toast
- French toast topped with ricotta and stewed or fresh fruit



Milk, yoghurt, cheese and alternatives

- A glass of plain milk
- Fruit smoothies or lassis
- Yoghurt with untoasted muesli - add stewed or fresh fruit
- Toasted wholemeal or multigrain sandwiches with cheese
- Cheese (ricotta, cottage, light cream cheese) and tomato on wholemeal or multigrain toast



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Fruit

- Fruit platter served with yoghurt dip
- Wholemeal/multigrain jaffles with fruit fillings (e.g. apple/banana, sultanas and cinnamon)
- Fruit salad topped with oats and yoghurt
- Fruit bread with apple and ricotta
- Fruit muffins/loaves^ (e.g. banana bread)



Vegetables and legumes

- Vegetable muffins* (carrot muffins)
- Mini pizzas made with wholemeal English muffins and topped with tomato paste, tomato slices, capsicum, mushrooms, pineapple and cheese
- Vegetable frittata
- Vegetable omelette
- Wholemeal or multigrain toast topped with vegetables like cooked tomato, avocado, grilled mushroom

*Baked items should not be provided every day. If provided, they should preferably include some fruit or vegetables and wholemeal flour.

*They should not contain large amounts of fat and sugar. They should contain 5g or less of added sugar per serve.



Written and reviewed by dietitians and nutritionists at National Nutrition Foundation with support from the Victorian Government.

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