

Replacing Grain Based Desserts

Grain Based Dessert	Alternative
Breakfast Bars	<ul style="list-style-type: none"> • Yogurt • Homemade oatmeal squares • Fun shaped toast • Chex cereal mix with mix-ins (i.e. nuts) • Toast with peanut butter and banana or raisins • Pancakes/waffles with fruit • Toast • Whole grain bagels • French toast • Pancake in muffin tin • Baked oatmeal (with apple cinnamon) • Whole grain bread fill with fresh fruit (to make a "pudgie-pie")
Brownies	<ul style="list-style-type: none"> • Apple sauce • Whole grain oat muffins • Cheesy biscuit • Crackers and bananas • English muffin with peanut butter/nut butter • Waffle • Baked apples with cheese on top
Cake	<ul style="list-style-type: none"> • Cornbread • Quick bread (i.e. banana bread) • Bread sticks • Pancakes with fruit topping • Muffin • Pita bread with celery and peanut butter • Carrot muffins with applesauce • Rice cake with fruit or vegetable topping
Cereal Bars	<ul style="list-style-type: none"> • Three grain pancakes • Cereal (i.e. Cheerios) • Whole grain chex mix with mix-ins • Tortilla roll ups with peanut butter and banana • Waffles • Muffins
Cookies	<ul style="list-style-type: none"> • Whole wheat tortilla roll ups with fruit • Rice cakes • Chex cereal mix with mix-ins (i.e. nuts) • Whole wheat savory crackers • Whole grain biscuit • English muffin • Biscuit • Whole grain crackers with fresh fruit • Waffles • Pretzels
Doughnuts	<ul style="list-style-type: none"> • Bagels • Whole grain toast

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	<ul style="list-style-type: none"> • Pretzels • Muffins • Baked oatmeal • Whole grain crackers • Banana bread • Apple slices with peanut butter • Tortilla with peanut butter and banana
Granola bars	<ul style="list-style-type: none"> • Oatmeal • Granola trail mix • Yogurt with cheerios • Peanut butter and bananas on tortilla • Toast with cinnamon • Dry cereal with dried mixed fruit
Sweet Crackers (graham and animal crackers)	<ul style="list-style-type: none"> • Yogurt parfait • Savory crackers • Ranch oyster crackers • Whole wheat toast in fun shapes • Tortillas baked with cinnamon and strawberries • Whole wheat goldfish crackers • Whole grain crackers with fruit • Whole wheat ritz crackers
Sweet pie crust	<ul style="list-style-type: none"> • Tortilla • Fruit bread • Baked tortilla with chopped fresh fruit • Baked oatmeal with apples and cinnamon • Quiche • Peanut butter and jelly on a saltine • Vegetable pizza • Whole grain tortilla with baked apples
Sweet Rolls	<ul style="list-style-type: none"> • Boiled eggs • French toast • Cinnamon toast • Whole wheat tortilla rolled with fruit inside • Fruit with cinnamon and nutmeg • Peanuts and dried fruit • Fresh fruit • Whole wheat bread with applesauce and cinnamon
Toaster Pastries	<ul style="list-style-type: none"> • Toast • Pancakes • Waffles with fruit topping • Baked fruit • Whole wheat bread with mixed fruit made in a sandwich maker • Peanut butter and banana rolled in tortilla • Apples and peanut butter • French toast