Breakfast *of* Champions

2025 Governor's School Breakfast Challenge Recipe Book





A Message from Pennsylvania's Secretary of Education

Within this cookbook, you will find a variety of nutritious and delicious recipes, brought to you from school cafeterias across Pennsylvania. When every learner in the Commonwealth has access to a healthy and tasty breakfast, they are better prepared for the school day and are more focused and engaged in the classroom, ready to learn.

This year, we celebrated the 2nd Annual Governor's School Breakfast challenge, which encouraged schools to increase student participation in universal free breakfast. Schools answered this challenge by incorporating sustainable and local foods into breakfast, using alternative service methods that allowed for wider student access to meals, and providing a variety of tasty recipes – some of which are found within these pages.

These recipes include both savory and sweet breakfast options – all giving us the energy needed to get our days started and power our minds and bodies in preparation to learn new things! Thank you to all of the schools who participated in this year's Governor's Breakfast Challenge. I hope you enjoy these recipes and continue to support all of our learners in feeling healthy, happy, and full throughout the school day.

Dr. C Rowe

Dr. Carrie Rowe

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Congratulations to all the schools that participated in the 2025 Governor's School Breakfast Challenge, and special thanks to the schools that submitted their students' favorite school breakfast recipes!

Disclaimer: These recipes have not been tested by the Pennsylvania Department of Education. Schools should always standardize recipes for use in their own kitchens.



Sausage, Potato, Cheese Bake

Meal Contribution: 2 oz eq meat/meat alternate, ¼ cup starchy vegetable

Ingredients (Quantity for 24 servings)

- 16 Eggs, fresh, in shell
- 3 cups Milk, low-fat
- 1 teaspoon Onion powder
- 1 teaspoon Garlic powder
- 2 teaspoons Seasoned salt
- 2 teaspoons Black pepper, ground
- 3 ¼ pounds Potatoes, hashbrown, low sodium
- 1 pound Cheese, cheddar, shredded
- 1 pound Sausage, pork, crumbled, cooked

Directions:

Spray full-size, 2 ½-inch deep steam table pan with non-stick spray.

In a large bowl, whisk eggs, milk, onion and garlic powder, salt and pepper.

Add potatoes, cheese, and sausage.

Stir gently to combine.

Pour into the pan.

Bake 40–50 minutes. If browning too fast, cover with foil and continue to cook.

Critical Control Point: Cook to internal temperature of 160 °F for 15 seconds.

(Note: Prepared pans can be covered and held in refrigerator overnight for baking the next day. If doing so, increase the baking time by 15–20 minutes if baking from cold temperature.)

Remove from oven and let cool slightly before cutting. Cut pan into 24 pieces.

Critical Control Point: Hold above 135 °F for service.

Special Thanks/Inspiration - Lincoln High School at Ellwood City Area School District



Stromboli Breakfast Sausage and Cheese

Meal Contribution: 2 oz eq meat/meat alternate. Grain crediting depends on product used

Ingredients (Quantity for 8 servings)

- 1 Dough, self-rising pizza crust, frozen, whole grain-rich
- ½ pound Cheese Italian blend, shredded
- 6 ounces Sausage, crumble, pre-cooked
- 6 ounces Egg, liquid
- Light spray of Garlic seasoning spray
- 1 teaspoon Italian seasoning

Directions:

Allow the dough to thaw slightly, keeping it covered and moist.

To cook the eggs:

Set the steamer or combi oven to full steam at about 200–212 °F. In a lightly greased steam pan, pour in the liquid eggs.

Place the pan in the steamer or combi oven and steam for 8 to 12 minutes.

At the halfway point (about 4–6 minutes), gently stir the eggs from the edges inward with a spatula or spoon to help form curds evenly.

Eggs should be set —slightly moist but not runny.

Stir gently one more time to check doneness and fluff them up.

Hold in a hot steam table at 135 °F or above, stirring occasionally to maintain texture.

Sprinkle cheese down the center of the dough followed by the sausage crumbles and cooked scrambled eggs.

Fold the top and bottom of the dough over the filling and pinch all edges to close and assure no ingredients will escape.

Stretch stromboli out on a greased sheet pan with the seam side down, tucking under ends.

Cut 8 small vent holds in the top and spray with garlic mist and sprinkle with Italian seasoning.

Bake at 350 °F for 15 minutes.

Critical Control Point: Heat to 165 °F for 15 seconds.

Slice into 8 equal portions.

Critical Control Point: Hold for hot service at 135 °F or higher.

Special Thanks/Inspiration - Canon-McMillan High School at Canon-McMillan School District



Sweet Potato Dunkers

Meal Contribution: ½ cup red/orange vegetable

Ingredients (Quantity for 24 servings)

- 5 pounds Sweet potatoes
- 1 tablespoon of Cinnamon, ground
- 4 fluid ounces Soybean oil

Directions:

Cut sweet potatoes into wedges.

Toss sweet potatoes in oil and cinnamon.

Spread evenly onto sheet trays.

Bake at 400 °F for 15 minutes. Potatoes should be golden brown and fork tender.

Critical Control Point: Heat to an internal temperature of 135 °F for 15 seconds.

Critical Control Point: Hold at or above 135 °F for service.

Sweet potatoes can be served as a side or offered with yogurt or sunflower butter.

Special Thanks/Inspiration - South Central Elementary School at Canon-McMillan School District



Roasted Breakfast Potatoes with Scrambled Eggs and Toast

Meal Contribution: 2 oz eq meat alternate, ½ cup starchy vegetable, 1 oz eq WGR grains

Ingredients (Quantity for 36 servings)

- 5 pounds Egg, liquid in carton
- 3 tablespoons Margarine
- 2 teaspoons Black pepper
- 36 slices Bread, whole grain-rich, 1 ounce slices
- 6 pounds, 2 ounces Potato wedges, fat-free, low-sodium
- 2 fluid ounces Soybean oil
- 1 tablespoon Garlic powder
- 1 tablespoon Onion powder

Directions:

Egg preparation:

Pull frozen liquid eggs from freezer 2 days prior to using. Defrost in the refrigerator.

Spray pan release in a shallow steam table pan.

Place egg mixture in a deep bowl. Whisk until smooth. Pour into steam table pan and cover.

Cook in a steamer, stirring egg mixture every 10 minutes to help with quality and texture. Continue cooking until an internal temperature of 165 °F is reached.

Critical Control Point: Cook to internal temperature of 165 °F for 15 seconds.

*If you do not cover the eggs in the steamer, water may collect on the eggs and they could become soggy. Transfer to a fresh pan if there is browning on the edges or bottom of the pan.

Stir margarine and 1 teaspoon black pepper into the cooked eggs to season.

Critical Control Point: Cover and hold at 135 °F or higher for service.

Toast preparation:

Place slices of bread in a toaster or on a sheet tray in the oven and toast to a light brown. Put toast in hotel pan in a steam table and cover vented.

Roasted potatoes preparation:

Place potato wedges on a sheet tray that has been coated with non-stick spray. Add soybean oil, 1 teaspoon black pepper, and spices and mix thoroughly.

Spread potato wedges evenly in one layer on the tray.

Bake at 425 °F until golden brown.

Critical Control Point: Hold at 135 °F or higher for service.

Serve ¼ cup of scrambled eggs over ½ cup of roasted potatoes plus one piece of toast.

Special Thanks/Inspiration - : Bethlehem-Center High School at Bethlehem-Center School District



Breakfast Pizza with Hashbrown Crust

Meal contribution: One piece provides 1 oz equivalent meat/meat alternate, ⅝ cup starchy vegetable, and ⅛ cup additional vegetable

Ingredients (Quantity for 50 servings)

- 2 pounds Turkey breast, ground, raw (no more than 15% fat)
- 2 teaspoons Fennel seeds, whole
- 2 teaspoons Salt
- ½ teaspoons Cayenne pepper
- 1 teaspoon Ground sage
- ½ teaspoon Red pepper flakes
- 1 tablespoon, 2 teaspoons Coriander seeds, whole
- 6 ounces Canned applesauce, unsweetened
- 6 pounds Hash brown potatoes, frozen thawed
- 1 pound, 4 ounces (2 ¼ cups) Whole eggs, frozen, thawed
- 8 ounces (2 cups) Cheddar cheese, low-fat, shredded
- 3 tablespoons Green onions, fresh, diced
- 3 cups Red bell pepper, fresh, diced

Directions:

Combine turkey, fennel seeds, salt, cayenne pepper, sage, red pepper flakes, coriander, and applesauce in a large bowl. Stir well.

In a large stock pot, add turkey mixture. Cook uncovered over medium–high heat for 10 minutes.

Remove turkey from heat. Drain turkey in a colander.

Combine 1⅓ cups (about 10 oz) turkey, hash browns, and eggs in a large bowl. Stir well. Set remaining turkey aside for a later step.

Lightly coat 2 half sheet pans (18'' x 13'' x 1”) with pan release spray. Pour half the hash brown mixture (approximately 2 qt (about 3 lb 10 oz) into each. Spread evenly.

Bake in Conventional oven at 425 °F for 30 minutes, or in Convection oven at 400 °F for 20 minutes.

Sprinkle the crust with remaining turkey, cheese, onions, and bell peppers.

Return to oven and bake in Conventional oven at 425 °F for 15 minutes, or in Convection oven at 400 °F for 10 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion: Cut each pan 5 x 5 (25 pieces per pan).

Serve 1 piece (about 3½" x 2½").

Special Thanks/Inspiration - USDA Recipes for Schools



Buck Wake-Up Wrap

Meal Contribution: 1 sandwich provides ⅛ cup red/orange vegetable, 2 oz eq WGR grain. Meat/meat alternate crediting is based on product used

Ingredients (Quantity for 50 servings)

- 50 Tortillas, flour, 9-inch, whole grain
- 1 pound, 9 ounces Salami
- 1 pound, 9 ounces Turkey, all natural, reduced-sodium, oven-roasted
- 3 pounds Cheese, American, sliced
- 4 pounds Tomatoes, fresh

Directions:

Rinse and slice tomatoes.

Assemble wrap with the following:

- 1 tortilla
- ½ ounce salami
- ½ ounce turkey
- 2 slices cheese
- ⅛ cup tomato slices (approximately 2 slices from a large tomato)

Once assembled, heat wraps in a prewarmed oven of 375 °F for approximately 5 to 6 minutes.

Critical Control Point: Heat to 165 °F for 15 seconds.

Critical Control Point: Hold at 135 °F or higher.

**Note: For an additional variety, add some local greens like spinach for a pop of color!

Special Thanks/Inspiration – Wallenpaupack Area High School at Wallenpaupack Area School District



Hot Honey Chicken Biscuit Sandwich

Meal Contribution: Meat/meat alternate crediting and grain crediting is based on products used

Ingredients (Quantity for 1 sandwich)

- 2 Chicken strips, boneless, skinless, breaded, fully cooked, reduced sodium
- 1 Biscuit, whole grain-rich
- ⅛ cup Honey, Sriracha*

Directions:

Cook chicken according to package instructions and to at least a temperature of 165 °F.

Critical Control Point: Cook chicken to 165 °F for 15 seconds.

Cool chicken down a bit before drizzling honey over patties.

Wrap sandwiches in foil sheets.

Critical Control Point: Hold at 135 °F or higher.

*Note: Honey, Sriracha – ½ tsp of gochugaru with 1 cup of honey per 5 pounds of chicken.

*Note: For a lower sodium version, consider using a whole grain-rich English muffin instead of the biscuit.

Special Thanks/Inspiration - Perkiomen Valley High School at Perkiomen Valley School District



Breakfast Burrito With Salsa

Meal contribution: 1 burrito provides 2 oz equivalent meat alternate, ⅛ cup additional vegetable, and 1.5 oz equivalent grains

Ingredients (Quantity for 50 servings)

- 2 quarts 1 cup Frozen whole eggs, thawed
- 2 ¾ cups Corn, frozen
- ¾ cups Milk, low-fat (1%)
- 1 ½ cups Green peppers, fresh, diced
- 1 cup, 2 teaspoons Onions, fresh, diced
- ½ cup, 2 tablespoons Tomatoes,fresh, diced
- 1 quart, 2 ¼ cups Salsa, canned, low-sodium
- ¼ cup, 1 tablespoon Yellow mustard
- 2 teaspoons Garlic powder
- 1 tablespoon Hot pepper sauce
- 2 teaspoons Salt
- 2 ½ cups Low-fat cheddar cheese, shredded
- 50 each Whole-grain tortillas, 8–inch

Directions:

Pour eggs, corn, milk, peppers, onions, tomatoes, salsa, mustard, garlic, pepper sauce, and salt into a commercial mixer (batch as needed). Using a paddle attachment, mix for 4 minutes on low speed. DO NOT OVERMIX.

Lightly coat 2 steam table pans (12'' x 20'' x 2½'') with pan-release spray. Pour 2 qt 2 cups (about 3 lb 15½ oz) egg mixture into each pan.

Bake:

Conventional oven: 350 °F for 60 minutes.

Convection oven: 325 °F for 50 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Sprinkle 1¼ cups (about 5 oz) cheese over each pan.

Cut each pan 5 x 5 (25 pieces per pan). Set aside for step 8.

To prevent tortillas from tearing when folding, steam for 3 minutes until warm. OR hold tortillas in original packaging and place in a warmer at 135 °F for 10 minutes.

Place 1 piece (about 2'' x 3¾'' square) onto center of each tortilla. Roll in the form of a burrito and seal.

Place burritos seam side down on 2 sheet pans (18'' x 26'' x 1'').

Critical Control Point: Hold for hot service at 135 °F or higher.

Serve 1 burrito.

Special Thanks/Inspiration - USDA Recipes for Schools



Mastery Sausage Egg & Cheese Pancake Sandwich

Meal Contribution: Meat/meat alternate crediting and grain crediting is based on products used

Ingredients (Quantity for 1 sandwich)

- 1 slice Cheese, white American, reduced fat/sodium
- 2 Pancakes, whole grain
- 1 Egg patty
- 1 Sausage patty, turkey

Directions:

Preheat oven to 375 °F. Place sausage patty on baking sheet. Heat 10–15 minutes or until internal temperature reaches 165 °F.

Critical Control Point: Cook to 165 °F for 15 seconds.

Preheat oven to 350 °F. Place single layer of egg patties on sheet pan with non-stick spray. Cover tightly with foil. Heat 12–15 minutes if thawed. Heat 20–25 minutes if frozen.

Critical Control Point: Heat to an internal temperature of 165 °F for 15 seconds.

Place each thawed pancake on a sheet tray with non-stick spray. Warm in oven for 5 minutes at 350 °F.

Assemble the sandwich:

Place egg, sausage patty, and cheese between two pancakes.

Cover with foil.

Critical Control Point: Hold at 135 °F or higher until service.

Serve with syrup.

Special Thanks/Inspiration - Pickett Campus at Mastery Charter School



Turkey Bacon, Egg & Cheese on Pretzel Bun

Meal Contribution: 3.5 oz eq meat/meat alternate, 2 oz eq WGR grains

Ingredients (Quantity for 20 servings)

- 20 Rolls, pretzel, whole grain-rich, 2 oz eq
- 20 slices Bacon, turkey, fully cooked, 1 ounce
- 20 Egg patties, cooked, frozen, 1.5 ounces
- 40 slices Cheese, American, sliced, reduced fat and sodium

Directions:

Assemble sandwich to freeze 1–4 days in advance of service.

On a lined prep table, place the pretzel buns open face up.

On the bottom bun, place two slices of cheese. On top of the cheese, place one egg patty and 1 slice of turkey bacon, broken in half.

Top with the other side of the pretzel bun.

Wrap in foil. Freeze until ready to be cooked.

Cooking instructions:

Preheat the oven to 350 °F.

Place sandwiches evenly (4 x 5) on a lined sheet pan.

Heat the sandwiches until the internal temperature reaches 165 °F, which may take about 25–30 minutes

Critical Control Point: Heat to internal temperature of 165 °F for 15 seconds.

Critical Control Point: Hold at 135 °F or higher until service.

Special Thanks/Inspiration - Gulph Elementary School at Upper Merion Area School District



BLT Breakfast Rice Bowl

Meal Contribution: 1 serving provides 2 oz eq meat alternate, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, 1 oz eq WGR grain

Ingredients (Quantity for 50 servings)

Bowl:

- 3 ⅛ pounds Rice, brown, long grain, regular, dry
- 3 quarts, ⅔ cup Water
- 2 teaspoons Salt, kosher
- 5.63 pounds Egg, scrambled (5 pounds, 10 ounces)
- 1.56 pounds Bacon, turkey, fully cooked (1 pound, 9 ounces)
- 4 pounds Spinach, fresh, wilted (¼ cup per serving)
- 4 ¾ pounds Tomatoes, cherry, halved

Sriracha Ranch:

- 42 ounces Ranch dressing, reduced fat
- 8 ounces Sriracha

Directions:

Combine rice, water, and salt into a 2–inch half-size steam table pan.
Stir to combine. Cover tightly.

Oven method: Cook in a 350 °F oven for 1 hour.
Steamer method: Cook in a steamer for 30–40 minutes.

Remove from oven or steamer and let stand for 15 minutes.

Remove cover; fluff rice with a fork before serving.

Critical Control Point : Hold at 135 °F or higher for service.

Scramble eggs according to package directions.

Place bacon slices on baking sheet in a single layer; heat at 350 °F in oven for 7 to 8 minutes (conventional). Remove and chop or crumble.

To wilt the spinach, place spinach in a perforated steam table pan. Place in steamer for 1 minute. Be careful not to overcook.

For the Sriracha:

Mix ranch dressing and sriracha together. A 1–oz serving is portioned in a 2–oz plastic container.

To assemble the BLT Breakfast Rice Bowl:

Place ½ cup (#8 scoop) of brown rice in each serving bowl.

Around the rice, place ¼ cup (#16 scoop) scrambled eggs.

Add ¼ cup (#16 scoop) of wilted spinach.

Add ¼ cup (#16 scoop) cherry tomatoes.

Garnish with ½ ounce chopped turkey bacon.

Serve with 1 ounce Sriracha ranch.

Critical Control Point: Hold cold for service, below 41 °F.

Special Thanks/Inspiration – Wallenpaupack South Elementary School at Wallenpaupack Area School District/Healthy School Recipes



Breakfast Bagel Bowl

Meal Contribution: 1 serving provides ¼ cup red/orange vegetable, 1/4 cup other vegetable, 2 oz eq WGR grain. Meat/meat alternate crediting is based on product used

Ingredients (Quantity for 1 serving)

- 1 Bagel, whole grain-rich, 2 oz eq
- 1 ounce Egg, scrambled
- ½ ounce Cheese, cheddar, shredded
- 1 Turkey sausage link chopped
- 1 ounce Bacon
- 1 ounce Cream cheese, low-fat
- ¼ cup Cucumber, sliced
- ¼ cup Carrots, shredded
- 1 tsp Scallions/red onion (optional)

Directions:

Cut the bagel into chunks and toast it in the oven at 350°F, for approximately 6 to 8 minutes.

Cook bacon and sausage according to package instructions and to at least a temperature of 165 °F.

Critical Control Point: Cook to 165 °F for 15 seconds.

To cook the eggs:

Set the steamer or combi oven to full steam at about 200–212 °F. In a lightly greased steam pan, pour in the liquid eggs.

Place the pan in the steamer or combi oven and steam for 8 to 12 minutes.

At the halfway point (about 4–6 minutes), gently stir the eggs from the edges inward with a spatula or spoon to help form curds evenly.

Eggs should be set —slightly moist but not runny.

Stir gently one more time to check doneness and fluff them up.

Critical Control Point: Cook to 155 °F for 15 seconds.

Hold in a hot steam table at 135 °F or above, stirring occasionally to maintain texture.

Put toasted bagel in a bowl and top with egg, sausage, bacon, and cheese.

Critical Control Point: Hold at 135 °F or higher.

Items to add upon service:

Critical Control Point: Hold at 41 °F or lower.

Add cucumber and carrots.

Add cream cheese and scallions/red onion at students' requests.

Special Thanks/Inspiration – Wallenpaupack Area Middle School at Wallenpaupack Area School District



Blueberry Smoothie Bowl

Meal contribution for 1 bowl: ½ cup fruit, 1 oz eq meat alternate, 1 oz. eq grain

This creative take on the traditional smoothie incorporates blueberries in the yogurt smoothie and is topped with blueberries and coconut. The bowl is served with waffle "chips."

Ingredients (Quantity for 50 servings)

- 6 ⅔ pounds Blueberries, frozen
- 6 ¼ quart Yogurt, vanilla, lowfat
- 48 fluid ounces Orange juice
- 50, Waffles whole grain-rich, 1 oz eq grain
- 3 ⅛ cups Coconut, flaked, unsweetened

Directions:

Thaw blueberries overnight in a colander over a pan to catch the juice. Reserve the juice.

Mix yogurt, orange juice, and blueberries' juice together. Chill.

Critical Control Point: Hold cold, below 41 °F or colder.

Cook waffle according to package directions. Cut into quarters.

To serve: Place one #6 scoop of blueberry yogurt in a bowl. Top with 1 tablespoon of flaked coconut and ½ cup of thawed blueberries in bowl. Add “waffle chips” (4 quarters) to the bowl.

Special Thanks/Inspiration - Wild Blueberry Association of North America



Hard-Boiled Eggs

Meal contribution: 1 large egg provides 2 oz eq meat alternate

Hard-boiled eggs are a great grab-and-go option and are extremely popular protein options in many Pennsylvania schools! Leave them whole or consider slicing them for an attractive presentation. To avoid adding sodium, eggs may be served with a salt-free blend or sprinkled with smoked paprika or other favorite spice.

Ingredients (Quantity for 50 servings)

- 50 Eggs, large, whole

Directions:

Preheat steamer to full steam (212° F / 100° C).

Place whole shell eggs in a perforated pan.

Place the pan in the preheated steamer for 12–14 minutes.

Immediately transfer the eggs to an ice water bath for at least 5–10 minutes to stop cooking and loosen shells.

Once cool, peel eggs for packaging. Unpeeled eggs may be refrigerated for up to 7 days.

Critical Control Point: Hold cold for service, below 41 °F.

Special Thanks/Inspiration - Culinary Nutrition Associates



Peach Smoothie with Graham Crackers

Meal Contribution: 2 oz eq meat alternate, ½ cup fruit (as juice), 0.75 oz eq WGR grain

Ingredients (Quantity for 75 servings)

- 6 #10 cans Peaches, sliced, drained
- 37 ½ pounds Yogurt, vanilla
- 75 packages Graham crackers, 3–count
- 3 gallons, 2 quarts, ¼ cup ice

Directions:

Add ¾ cup ice to blender.

Add ¾ cup drained peaches to blender.

Add 1 cup yogurt to blender.

Cover blender container and turn on blender. Allow to run for about 2 minutes, or until the product is completely blended and smooth.

Pour the mixture from blender into a cup and serve.

A serving is one smoothie prepared as directed. Serve in a 16 fluid ounce cup. Offer with 1 package of graham crackers.

Critical Control Point: Hold at or below 41 °F.

Special Thanks/Inspiration - Rowland Academy at Harrisburg City School District



Chia Pudding with Fresh Strawberries

Meal contribution: 2 oz eq meat/meat alternate, ½ cup fruit

Ingredients (Quantity for 25 servings)

- 6 pounds, 4 ounces Yogurt, Greek, nonfat, plain
- 3 quarts, ½ cup Milk, fat free, unflavored
- 12.5 ounces Syrup, pancake, maple flavored
- 1 pound, 9 ounces Chia seeds, dry
- ½ cup, 1 teaspoon Vanilla extract
- 3 quarts, ½ cup Strawberries, sliced

Directions:

Mix yogurt, milk, syrup, and vanilla together until well-blended.

Add chia seeds and mix.

Cover and refrigerate.

Critical Control Point: Hold at 41 °F or colder.

In a 12–ounce clear plastic container, portion 1 cup chia pudding topped with ½ cup strawberries. Place lid on top. Refrigerate until service.

Critical Control Point: Hold at 41 °F or colder.

Special Thanks/Inspiration - Brookville Area School District



Chocolate Chia Pudding with Fresh Berries

Meal contribution: 2 oz eq meat/meat alternate, ½ cup fruit

Ingredients (Quantity for 25 servings)

- 6 pounds, 4 ounces Yogurt, Greek, nonfat, plain
- 3 quarts, ½ cup Milk, fat free, unflavored
- 12.5 ounces Syrup, pancake, maple flavored
- 1 pound, 9 ounces Chia seeds, dry
- ½ cup, 1 teaspoon Vanilla extract
- 3 cups, 2 tablespoons Cocoa powder, unsweetened
- 3 quarts, ½ cup Strawberries, sliced

Directions:

Mix yogurt, milk, syrup, cocoa, and vanilla together until well-blended.

Add chia seeds and mix.

Cover and refrigerate.

Critical Control Point: Hold at 41 °F or colder.

In a 12–ounce clear plastic container, portion 1 cup chia pudding topped with ½ cup strawberries. Place lid on top. Refrigerate until service.

Critical Control Point: Hold at 41 °F or colder.

Special Thanks/Inspiration - Brookville Area School District



Pineapple–Orange Refresher

Meal contribution: 1 refresher provides 1 cup fruit component (½ cup juice + ½ cup fruit)

This coffee-house-inspired fruity drink can be a tempting option for encouraging high school students to have a healthy school breakfast instead of stopping at a local shop on the way to school.

Ingredients (Quantity for 1 serving)

- ½ cup Lemonade, sugar free (e.g., Crystal Light or similar), prepared from mix with water according to package instructions
- ½ cup Oranges, raw, peeled, cut into sections (retain juice)
- ½ cup Juice, Pineapple, 100%
- Ice

Directions:

In a 12 oz clear cup, add ½ cup orange wedges with juices, ½ cup pineapple juice, and ½ cup lemonade. Stir to mix.

Top off with ice and a lid. Serve with a straw and spoon.

Make-ahead tip:

The fruit, juice, and lemonade can be combined in the cups the day before and stored in the cooler overnight. Right before service, add ice to each cup.

Special Thanks/Inspiration - Upper Merion Area School District



Strawberry Apple Refresher

Meal contribution: 1 refresher provides 1 cup fruit component (½ cup juice + ½ cup fruit)

Ingredients (Quantity for 1 serving)

- ½ cup Lemonade, sugar free (e.g., Crystal Light or similar), prepared from mix with water according to package instructions
- ½ cup Strawberries, Sliced, frozen
- ½ cup Juice, Apple, 100%
- Ice

Directions:

In a 12 oz clear cup, add ½ cup frozen strawberries, ½ cup apple juice, and ½ cup lemonade. Stir to mix.

Top off with ice and a lid. Serve with a straw and spoon.

Make-ahead tip:

The fruit, juice, and lemonade can be combined in the cups the day before and stored in the cooler overnight. Right before service, add ice to each cup.

Special Thanks/Inspiration - Upper Merion Area School District



Blueberry Grape Refresher

Meal contribution: 1 refresher provides 1 cup fruit component (½ cup juice + ½ cup fruit)

Ingredients (Quantity for 1 serving)

- ½ cup Lemonade, sugar free (e.g., Crystal Light or similar), prepared from mix with water according to package instructions
- ½ cup Blueberries, frozen
- ½ cup Juice, Grape, 100%
- Ice

Directions:

In a 12 oz clear cup, add ½ cup frozen blueberries, ½ cup grape juice, and ½ cup lemonade. Stir to mix.

Top off with ice and a lid. Serve with a straw and spoon.

Make-ahead tip:

The fruit, juice, and lemonade can be combined in the cups the day before and stored in the cooler overnight. Right before service, add ice to each cup.

Special Thanks/Inspiration - Upper Merion Area School District

Special Thanks to all 2025 School Breakfast Challenge Participants

- East Berwick Elementary School
- Berwick Area High School
- Berwick Area Middle School
- West Berwick Elementary School
- Bethlehem Center Elementary School
- Bethlehem Center JR SR High School
- South Central Elementary School
- Muse Elementary School
- Canon McMillan Senior High School
- Plymouth Elementary School
- Whitemarsh Elementary School
- Conshohocken Elementary School
- Ridge Park Elementary
- Colonial Middle School
- Plymouth Whitemarsh HS
- Colonial Elementary School
- Hughesville JR / Sr High School
- Easton Area Middle School
- Lincoln JSHS
- Clay Elementary
- Global Leadership Academy Charter School
- Global Leadership Academy Charter School South West at Huey
- Rowland Academy
- Landisville Middle School
- Oakview Elementary School
- Mastery Charter School - Pickett Campus
- Minersville Area Jr/Sr High School
- Minersville Area Elementary School
- Walton Farm Elementary School
- North Wales elementary School
- General Nash Elementary School
- Inglewood Elementary School
- Gwynedd Square Elementary School
- Bridle Path Elementary School
- Pennbrook Middle School
- Hatfield Elementary School
- Penndale Middle School
- Penn HIlls Charter School of Entrepenuership
- Perkiomen Valley High School
- Pleasant Valley Middle School
- Pleasant Valley Elementary School
- Pleasant Valley Intermediate School
- Swiftwater Elementary School
- Reading SHS
- Seven Generations Charter School
- Maple Glen Elementary School
- Fort Washington Elementary School
- Jarrettown Elementary School
- Sandy Run Middle School
- Upper Dublin High School
- Thomas Fitzwater Elementary School
- Gulph Elementary School
- Wallenpaupack Area High School
- Wallenpaupack North Intermediate School
- Wallenpaupack North Primary School
- Wallenpaupack Area Middle School
- Wallenpaupack Area South Elementary School
- York Suburban High School

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