



*y'all
hungry?*
FOR BREAKFAST

Maximizing Leftovers

DINNER TONIGHT

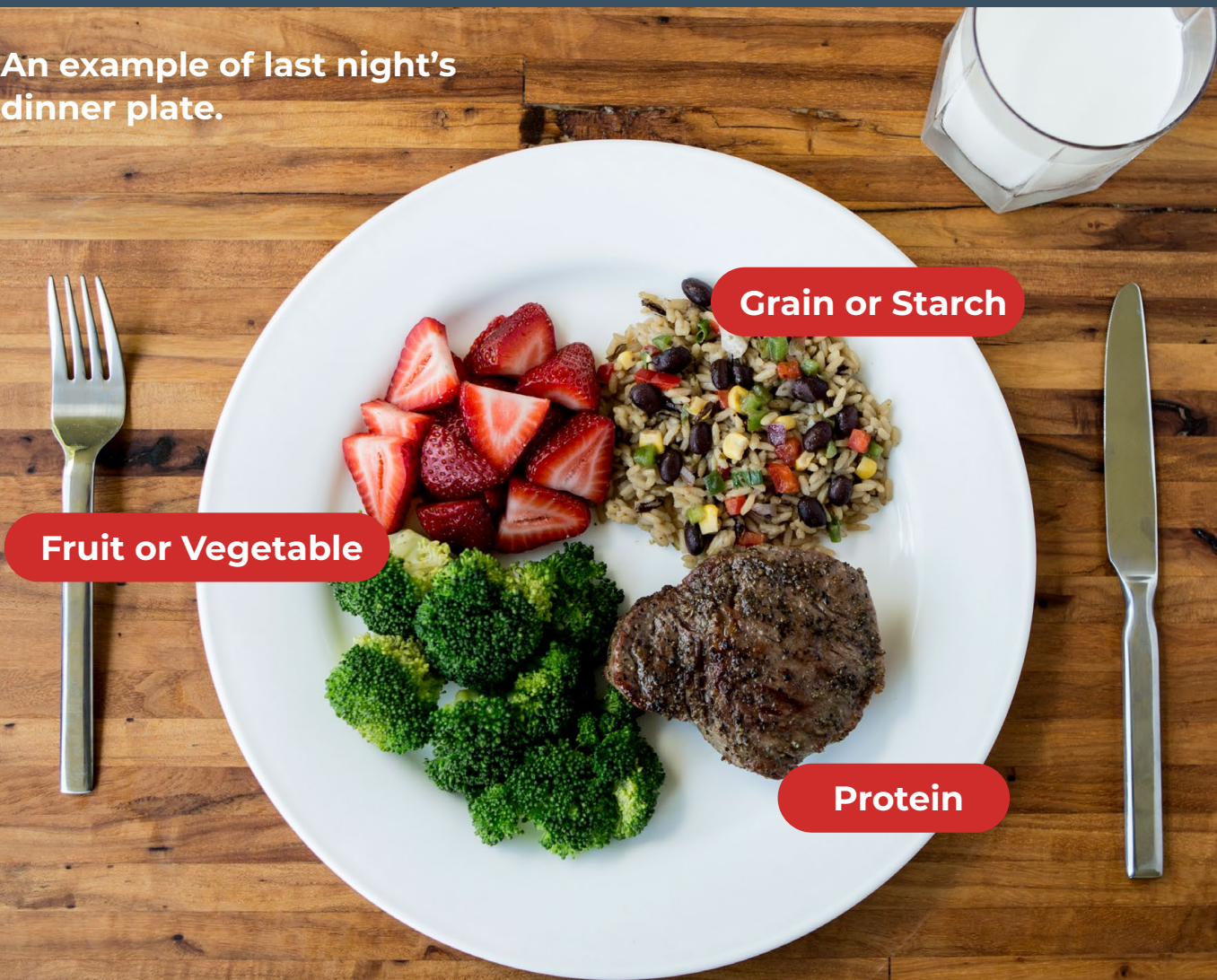
BREAKFAST TOMORROW



Leftovers aren't just for lunch.

With a little creativity, last night's dinner can become a quick, filling breakfast, saving your family time, reducing food waste, and making busy mornings easier.

An example of last night's dinner plate.



BREAKFAST BUILDING BLOCKS

Choose:

1 Protein + 1 Grain or Starch + 1 Fruit or Vegetable

It doesn't have to look like a typical breakfast. If it helps your child feel fueled and ready for the day, it counts.

LEFTOVER BEEF BREAKFASTS

Bonus: Let your kid pick one of two vegetables to add to this recipe, such as bell pepper or green onion. Giving your kid a choice encourages them to try new foods, while also learning healthy habits!

Taco Meat → Breakfast Burrito

Warm leftover taco meat and add it to a tortilla with scrambled eggs and cheese. Serve with a side of fruit. If you have leftover steak, try these [Get Up and Go Beef Burritos](#).



Roast Beef → Breakfast Hash

Chop leftover Roast Beef and warm it with potatoes or vegetables. Top with an egg, if desired. Serve with a side of berries.



Burger Patty → Breakfast Sandwich

Reheat a leftover burger patty and serve it on toast or an English muffin with cheese. You can add preferred vegetables and serve with a side of fruit.



MORE LEFTOVER BEEF BREAKFAST IDEAS

Steak → Beef and Spinach Breakfast Sandwich

Slice leftover steak and add it to flat bread with eggs, spinach, or peppers. Add fruit as a side.



Ground Beef → Egg Muffins

Mix cooked Ground Beef with eggs and cheese. Bake in a muffin tin for an easy grab-and-go breakfast. Add a to-go applesauce or a whole piece of fruit.



Meatballs → Breakfast Plate

Slice leftover meatballs and serve them with potatoes, eggs, or whole-grain toast. Serve with a side of fruit.



MAKE IT KID-FRIENDLY

Let kids choose how to transform the leftover protein.



Give them choices
instead of asking an
open-ended question:

“Would you rather
have a taco or a
breakfast bowl?”

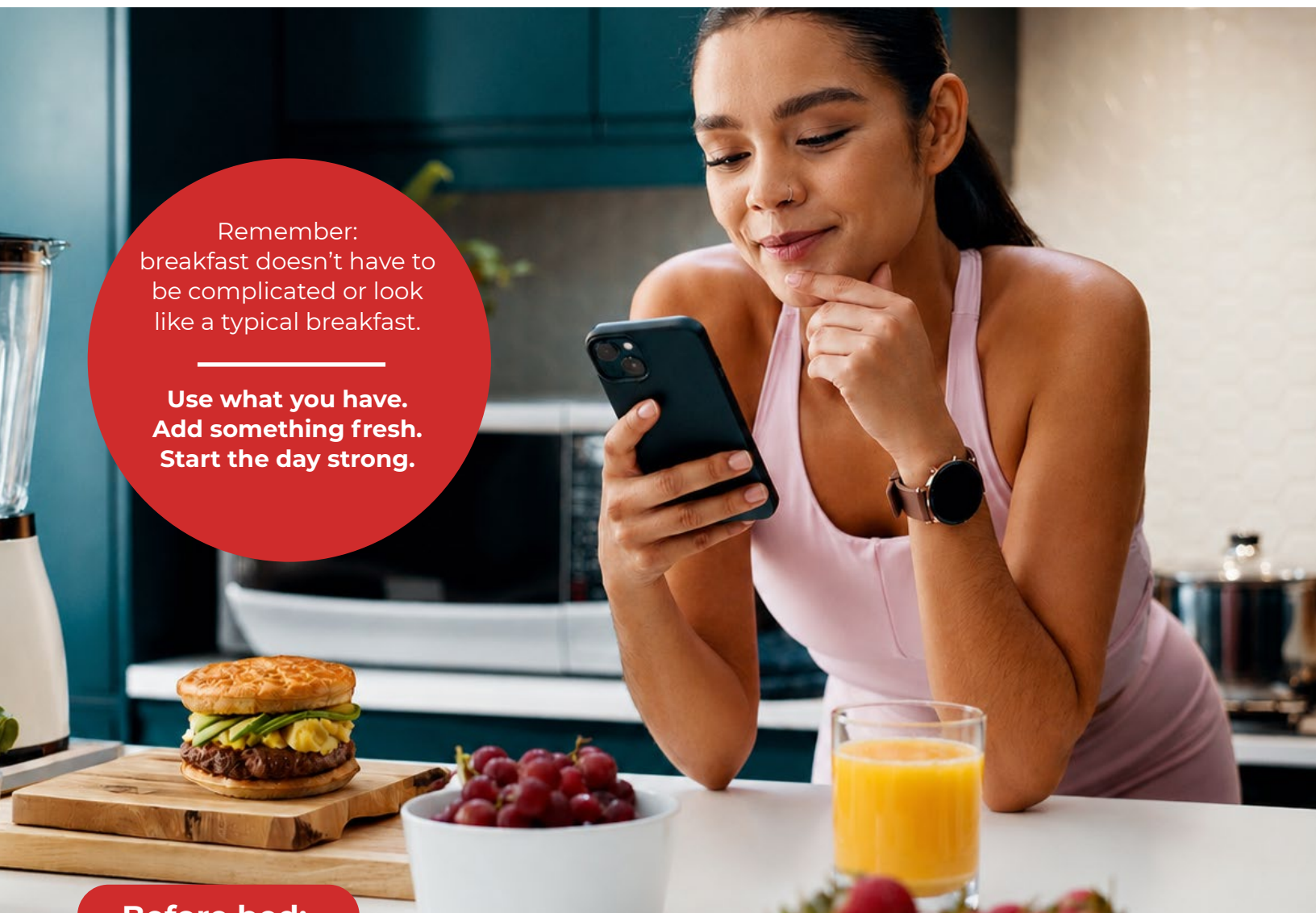
Ideas for kids to choose from:

- 1 Wrap it:** Put it in a tortilla.
- 2 Top it:** Add it to toast, potatoes, or rice.
- 3 Mix it:** Stir it into eggs.
- 4 Stack it:** Build a sandwich.
- 5 Dip it:** Serve it with ketchup, salsa, or another favorite dip.

TONIGHT'S 5-MINUTE PREP

Remember:
breakfast doesn't have to
be complicated or look
like a typical breakfast.

Use what you have.
Add something fresh.
Start the day strong.



Before bed:

- 1 Put tomorrow's leftovers in an easily accessible spot in the refrigerator.
- 2 Decide how you'll use them.
- 3 Set out any bowls, pans, or containers.
- 4 Wash or portion fruit or vegetables.
- 5 Let your child help name or prepare tomorrow's creation.