



TEXAS BEEF COUNCIL

*y'all
hungry?*

FOR BREAKFAST

Meals That Fuel

BUILD BREAKFAST
AROUND WHAT
YOUR FAMILY LOVES



More than 1 in 4 adolescents regularly skip breakfast, with common barriers ranging from busy mornings and not feeling hungry to simply not being interested in the foods available.

The good news? There's no single definition of what breakfast should look like. Cereal and toast work for some families, while breakfast tacos, leftovers, sandwiches, rice and beans, or other familiar favorites may work better for others.

What matters is helping your child find foods they enjoy that provide the nourishment and energy they need to start their day. Look beyond the idea of "breakfast foods" and build a morning meal around foods your family already loves, in a way that works for your schedule.



*Y'all
hungry?*
FOR BREAKFAST

THINK BEYOND TYPICAL BREAKFAST FOODS

Sometimes, you just have to let your kids take charge.

Giving kids autonomy at the table can encourage them to eat. They might enjoy adding fruit to their yogurt, drizzling maple syrup on their pancakes, sprinkling cheese on their breakfast taco, or even setting the table themselves.

Breakfast, your way: Try these Beef Loving Texans favorites:



Smoked Brisket Breakfast Tacos

Turn leftover Brisket into hearty breakfast tacos with eggs, salsa, and your favorite toppings.

Smoked Beef Brisket Benedict

A fun weekend breakfast that gives classic Eggs Benedict a Texas twist.





Brisket, Sweet Potato & Kale Frittata

A colorful make-ahead breakfast that's perfect for busy weekday mornings and freezes well.



Breakfast Tacos & Burrito Variations

Breakfast tacos with eggs and leftover taco meat

Bean and beef burritos

Quesadillas with beef and cheese



Breakfast Bowl Options

Chili topped with a fried egg

Rice bowl with Ground Beef, eggs, and salsa

Beef and potato breakfast bowl



Breakfast Sandwiches & Handheld Ideas

Steak and egg handheld

Breakfast burger on an English muffin

Beef sausage breakfast sandwich

BUILD A BALANCED BREAKFAST

Kids who eat breakfast are more likely to meet their daily nutrient needs than those who skip it, making balanced meals and snacks an easy way to fill nutritional gaps throughout the day.

No matter what's on the menu, try including:

- Protein
- Whole grains or another carbohydrate
- Fruit or vegetables
- Milk, water or 100% juice



Make It Easier on Everyone

Instead of asking: “What do you want for breakfast?” which is likely to incite the usual “I don’t know,” and grumbled frustration as the parent, try: “Would you rather have breakfast tacos or a breakfast bowl this morning?” Giving two choices can make mornings feel less overwhelming.

Food for Thought

Try serving one new breakfast this week of your kid’s choosing! You might be surprised what becomes a new family favorite.

Remember

The most successful breakfast routines aren’t the fanciest, they’re just the ones families can repeat consistently.

A nourishing breakfast doesn’t have to look Pinterest-perfect ... or even like breakfast. Use what your family enjoys, keep it simple, and build from there.