

10 Savory School Breakfast Ideas

We looked for breakfasts that combine student appeal, savory flavor, protein, cultural relevance and school-kitchen practicality. Every idea on this page has been served or tested in a K-12 school.



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Jurupa Unified School District's Sunrise Breakfast Egg Rolls
Photo courtesy of JTH Food Group



IN THE FIELD + TESTED

Real-world, K-12 breakfast recipe examples

Chicken & Grits

Petal School District | Mississippi

Petal pairs a chicken biscuit with warm grits for breakfast, building a hearty meal around an affordable Southern breakfast staple.

Mushroom Adobo Egg & Rice Bowl

Seattle Public Schools | Washington

A Filipino-style savory rice porridge, called lugaw, topped with egg, adobo-seasoned mushrooms, and green onions. Inspired by a kitchen manager's childhood breakfasts.

Cheese Steak Breakfast Bagel

South Park School District | Pennsylvania

Thinly sliced steak and melted cheese on a bagel turns a familiar flavor combination into a hearty, portable school breakfast version of a regional favorite.

Egg & Cheese Breakfast Empanada

Klein Independent School District | Texas

A flaky pastry filled with egg and cheese turns a familiar empanada format into an easy handheld school breakfast.

Hot Honey Chicken Jalapeno Biscuit

Los Angeles Unified School District | California

The chicken biscuit gets a bolder update with hot honey and jalapeño, bringing a restaurant-style flavor combination into school breakfast.



STUDENTS WEIGHED IN

Student-tested or designed recipes for the win!

✓ Breakfast Tamales + Fresh Pico de Gallo

Albuquerque Public Schools | New Mexico

Students taste-tested breakfast tamales with fresh pico de gallo in 2026. At one high school, 91% of participating students wanted them added to the menu.

✓ Breakfast Egg Rolls

Whitley County Consolidated Schools | Indiana

Students sampled a new Breakfast Egg Roll during the district's "Try It Tuesday: Breakfast Edition." The district called it a huge hit, with students asking for it again.

✓ Ultimate Breakfast Pizza

North Crawford School District | Wisconsin

Whole-grain crust with turkey sausage, eggs, hash browns and low-sodium cheese sauce. Students supported the recipe development, and won a national breakfast innovation competition.

✓ Chilaquiles with Scrambled Eggs

Conejo Valley Unified School District | California

Whole-grain tortilla strips, eggs, low-sodium salsa, kale, and cheese come together in this district-developed recipe, which earned a 4-fork kid rating.

✓ Breakfast Fried Rice

Greenfield Union Schools | California

An 8th grader won the "Breakfast of Champions" competition with this sausage, potatoes, eggs and onions dish; the district now serves in all cafeterias!

Could a more interesting menu bring more students to breakfast?

Recent research found that students who viewed their school meals more positively, including meal quality, variety and familiarity, reported participating more often.

Test new flavors and formats, ask students what works, and build from there!

Source: Zuercher et al., Journal of Nutrition Education and Behavior, 2026.