



**DuPagePads**

The Solution to End Homelessness.



## Healthy Initiatives Suggested Breakfast Menu

*Feed Families and Individuals who are homeless in DuPage County*

DuPagePads is committed to providing healthy food options for our clients in the Interim (Overnight) Housing program.

- Each morning DuPagePads provides breakfast for 60 families and individuals.
- Breakfast is served at 6:00am. Meal items can be delivered to the Interim Housing Site the night listed between 5:30pm-6:30pm, or brought and served the following morning at 5:00am.
- Below are suggested items from each food group to offer during breakfast, we encourage creativity in meal planning, while being budget friendly.

### Protein:

- Eggs, sausage, turkey sausage

### Carbohydrates:

- Whole wheat bread/toast, bagels, English muffins, oatmeal

### Fruit:

- Fresh or canned fruit in light syrup

### Dairy:

- Greek yogurt, cottage cheese

### Beverages:

- Water, milk, orange or apples juice, coffee, tea

### Condiments:

- Low fat cream cheese, butter, peanut butter, jelly, butter, coffee creamer, sugar

### Additional items needed:

- Disposable gloves
- Paper products (cups, bowls, plates, napkins)
- Paper towels
- Plastic utensils
- Trash bags

*Thank you for your generosity and support  
in our mission to end homelessness!*

Available dates and needs listed at:

<http://bit.ly/DuPagePadsBreakfasts>

For questions regarding a meal donation, please contact  
DuPagePads Volunteer Coordinator  
630.682.3846, [volunteer@dupagepads.org](mailto:volunteer@dupagepads.org)