



Breakfast
CLUB
of Canada
TM

A better start for every child.

2025-2026

Childcare Services Financial Support TOOLKIT

**A Breakfast Program Designed to Meet
Your Specific Needs!**



Table of Contents



3. In Tune with Your Needs
4. Nutrition Guidelines
5. Planning Preparation
6. Selecting whole grain foods
7. Selecting protein foods
8. Selecting fruits and vegetables
9. Steps after selection
10. Nutrition Tools
11. Discussing Food with kids
12. Annual Process for a Breakfast Program
13. Additional Information
14. Further Reading and Tools
15. The BCC team wishes you a great back-to-school



To ensure children have access to a nutritious breakfast every morning, the Breakfast Club offers menus and service models based on its [Guiding Principles](#).

These principles act as a **compass**, indicating where best to concentrate our efforts to move, together, towards the **best possible school breakfast program**. It also embodies the values we aim to apply to our work, enabling us to answer the **needs and realities of each and every community** we support.





Offer a nutritious breakfast that includes an item from each of these **three food groups**:

1. **Fruits and vegetables** for essential vitamins and minerals, and fibre.
2. **Protein foods** to help maintain, build and repair body tissues.
3. **Whole grains** for energy-boosting carbohydrates and fibre to feel full longer.

Make **water** your beverage of choice!



Reminder: Milk is a protein. It is therefore not necessary to serve another protein food during that breakfast service.



Menu Planners

- Choose the menu planner that best suits your needs
- In your menu planner, repeat the steps described in the following slides for each day of the menu

MONTHLY MENU TRACKER

MAKE WATER THE BEVERAGE OF CHOICE, EVERY DAY OF THE WEEK.

MONTH: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WEEK 1	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____
WEEK 2	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____
WEEK 3	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____
WEEK 4	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____

WEEKLY MENU TRACKER

MAKE WATER THE BEVERAGE OF CHOICE, EVERY DAY OF THE WEEK.

WEEK: _____

MON	TUES	WED	THUR	FRI
DATE: _____ # STUDENTS: _____	DATE: _____ # STUDENTS: _____	DATE: _____ # STUDENTS: _____	DATE: _____ # STUDENTS: _____	DATE: _____ # STUDENTS: _____
MENU: _____	MENU: _____	MENU: _____	MENU: _____	MENU: _____
<input type="checkbox"/> CHECK BOX TO ENSURE FOOD CATEGORY WAS SERVED	<input type="checkbox"/> CHECK BOX TO ENSURE FOOD CATEGORY WAS SERVED	<input type="checkbox"/> CHECK BOX TO ENSURE FOOD CATEGORY WAS SERVED	<input type="checkbox"/> CHECK BOX TO ENSURE FOOD CATEGORY WAS SERVED	<input type="checkbox"/> CHECK BOX TO ENSURE FOOD CATEGORY WAS SERVED
FRUIT / VEG <input type="checkbox"/>	FRUIT / VEG <input type="checkbox"/>	FRUIT / VEG <input type="checkbox"/>	FRUIT / VEG <input type="checkbox"/>	FRUIT / VEG <input type="checkbox"/>
PROTEIN <input type="checkbox"/>	PROTEIN <input type="checkbox"/>	PROTEIN <input type="checkbox"/>	PROTEIN <input type="checkbox"/>	PROTEIN <input type="checkbox"/>
WHOLE GRAINS <input type="checkbox"/>	WHOLE GRAINS <input type="checkbox"/>	WHOLE GRAINS <input type="checkbox"/>	WHOLE GRAINS <input type="checkbox"/>	WHOLE GRAINS <input type="checkbox"/>

We also have menu planners you can use as inspiration!

Sample Planner – Spring

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Cherry tomatoes & Breakfast tacos Drink Water	Menu Minty fruit salad with yogurt & Whole wheat waffles Drink Water	Menu Sliced veggies & Beet hummus & Whole wheat crackers Drink Water	Menu Berry oatmeal bake & Yogurt Drink Water	Menu Spinach Morning Muffins & Cheese Drink Water

NOTES & SUGGESTIONS
LOCAL and SEASONAL fruits and vegetables: strawberries, radishes, beets, carrots, fresh herbs, lettuce, spinach, asparagus, cucumbers, peppers.
• Use your leftover vegetables (frozen or fresh) and add them to your smoothies.



Specifics



Nutritional criteria

- Aim for < 8 g of sugar per serving, or < 10 g if the product contains fruit
- Limit sodium to <10% DV and saturated fat to 2 g
- If the product is not 100% whole grain or contains white flour → aim for ≥ 2 g of fibre per serving

Key points

- Choose whole-wheat flour or other whole-grain flours in recipes
- Select products with whole grains (oats, brown rice, barley, quinoa, buckwheat, etc.) among the first ingredients
- For your preparations, opt for fruit- or spice-based flavours (e.g. apple, banana, vanilla, cinnamon)

Easy-to-serve food ideas

WHOLE-GRAIN FOODS



Cereals

Serve whole-grain, low-sugar (ideally less than 8 g per serving) cereals like:

- Cheerios (Original or Multi Grain)
- Shredded Wheat Original Spoon Size
- All Bran Flakes, Buds or Original
- Kashi Organic Autumn Wheat Cereal
- Quaker Oatmeal Squares
- Nature's Path Heritage Flakes
- PC Organics Organic Ancient Grains Cereal
- Mini Wheats Low Sugar
- Wheat Chex

Crackers

Serve whole-grain choices like:

- Triscuit Original
- Ryvita Rye Crispbread Multi-Grain
- PC Wheat Square Crackers
- PC Chia & Quinoa Baked Pita Crackers
- Melba Toast Whole Grain
- Make your own oven-baked crackers using pita, naan or tortillas

Bread

Serve whole-grain choices like:

- Whole wheat toast, tortilla, english muffin, raisin bread, pita, etc.
- Multigrain bagels (e.g. POM 12 Grain Bagels)
- Whole grain waffles (e.g. Eggo Plus Fibres)

Granola Bars

Serve whole-grain, low-sugar (ideally less than 8 g per serving) granola bars without chocolate, such as:

- Kashi Honey Oat Flax Crunchy 7 Grain with Quinoa Bars
- PC Blue Menu Berry Blend Chewy Bars
- Go Pure Soft Baked Oatmeal Bars (Carrot Cake, Brown Sugar & Maple, Apple & Cinnamon)
- MadeGood Granola Bars (Strawberry, Mixed Berry)
- MadeGood Mornings Soft Baked Bars (Blueberry, Cinnamon Bun)
- Make your own granola bars. Discover our recipes in the [Nutrition](#) section of the School's Corner.



Specifics

Nutritional criteria

- Minimum of 3 g of protein per serving
- Limit sodium to < 10% DV
- Cheese: < 6 g saturated fat per serving
- Yogurt: go for the plain, 1–2% fat version



Key points

- Avoid processed meats such as ham, sausages, bacon, etc.
- Introduce plant proteins (legumes, tofu, seeds, etc.). One item at a time, if helpful.
- Encourage rotation of different sources

Easy-to-serve food ideas

PROTEIN FOODS

- Low sugar yogurt or drinkable yogurt (e.g. Danino)
- Cheese (e.g. Babybel, Cracker Barrel, Black Diamond Ficello, etc.)
- Hard-boiled eggs
- Milk or fortified soy beverages
- Homemade or store-bought hummus (e.g. Fontaine Santé mini hummus)
- Soy nut butter (e.g. Wowbutter)
- Seeds (pumpkin, sunflower, etc.)
- Homemade or store-bought roasted chickpeas or edamame beans (e.g. Go Beanz, Three Farmers, etc.)





Specifics



Key points

- Don't prepare or choose a product with added salt or sugar
- Avoid fried foods and juices

Sourcing strategies

- Follow the local harvest calendar
- Establish partnerships with local producers
- Use frozen fruit/vegetables when out of season

Easy-to-serve food ideas

FRUITS AND VEGETABLES



- Fruits: apples, grapes, oranges, clementines, kiwis, pineapple, cantaloupe, papaya, bananas, pears, peaches, berries (blueberries, Saskatoon berries, blackberries, raspberries, strawberries, etc.), ground cherries, watermelon, plums, mango, figs, persimmons, etc.
- Vegetables: carrots, celery, cucumber, cherry tomatoes, peppers, mushrooms, broccoli, cauliflower, zucchini, snap peas, etc.
- Applesauce or fruit compote (unsweetened)
- Fruit cups (not in syrup)
- Dried fruits (unsweetened)



Steps After Selection

Step 4

Incorporate water, your beverage of choice



- Avoid fruit juice and offer water with every meal

Step 5

Management of special needs



- Allergies and intolerances
- Other food restrictions

Step 6

Verification and optimization



- Send your recipes and menu to your program coordinator to receive feedback from the nutrition committee

Step 7

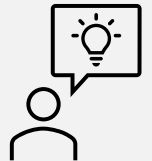
Draw up your grocery list



- Calculate the quantities you need
- View your inventory

Step 8

Continuous improvement



- Assess satisfaction
- Assess the level of waste
- Alternate foods for greater variety



Several tools are available on the [School's Corner](#).

[Creative Ideas](#) (apples, soy spread, raisins, eggs, soy beverage, etc.)

[Weekly Menu Planner \(fillable\)](#)

[Monthly Menu Planner \(fillable\)](#)

[Menu Planner Examples](#)

[Seasonal Menu Planner](#)

[Lactose-Free Proteins](#)

[Recipe Book](#)

[Big Batch Recipe Booklet](#)

[How to integrate more vegetables](#)

And more!



Discussing Food with Kids

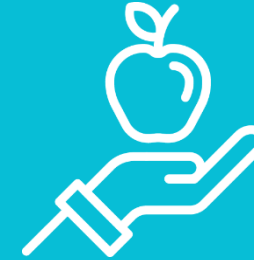
Breakfast programs are a great opportunity to talk to younger ones about food and **develop their food literacy**.

For inspiration on best practices for talking to children about food, watch our [webinar on the importance of choosing right words](#) and consult our complementary tools on **food neutrality**.

TOOLS on Food Neutrality

- [Food Neutrality Poster](#)
- [Food Neutrality in the Classroom Tool](#)
- [6 Mindful Eating Activities](#)

Help kids choose their items and understand the basics of a complete and balanced breakfast with our [Create your Breakfast](#) poster.



To make learning about food fun and spark children's curiosity, **we've created a series of four short videos in partnership with Télé-Québec**. Designed for students, these videos are available on the *Télé-Québec en classe* platform and beyond.

With *Les défis gourmands*, food becomes a true adventure! Through four interactive games, young chefs are invited to playfully discover the secrets on their plate, explore new flavors, and learn to listen to their bodies.

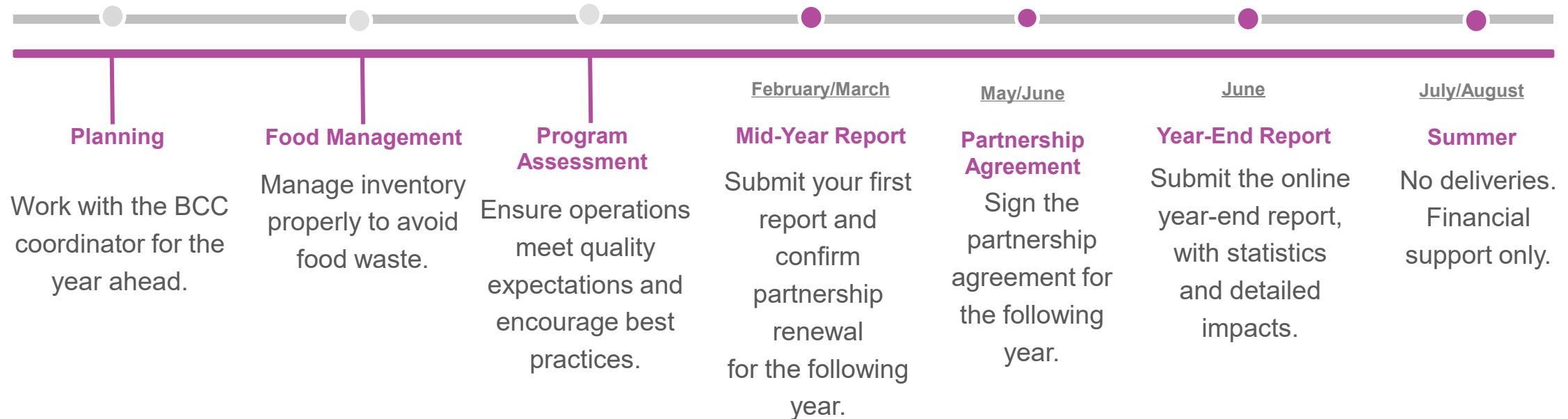
Watch the series here (in French only):
<https://video.telequebec.tv/details/53198>



Annual Process for a Breakfast Program

Throughout the year, Childcare Center's team will work with Breakfast Club of Canada and follow a **process of reporting, evaluation and renewal**, to ensure their program is running smoothly.

Our collaboration lasts through the year!





MEET ARI CUI CUI

We're very proud to introduce **Ari Cui Cui**, our ambassador for breakfast programs in childcare centres.

Join her and her magical world of wonder, where the love of learning is equalled only by the love of nutritious, delicious food!

[Watch the video](#)
(in french only)



TESTIMONIALS

The Club encourages Childcare Centers to **share their experiences with breakfast programs**, and to share stories that highlight the positive impact breakfast programs have on children and the community as a whole.

We look forward to hearing from you at
testimonials@breakfastclubcanada.org

FOCUS ON SUSTAINABILITY

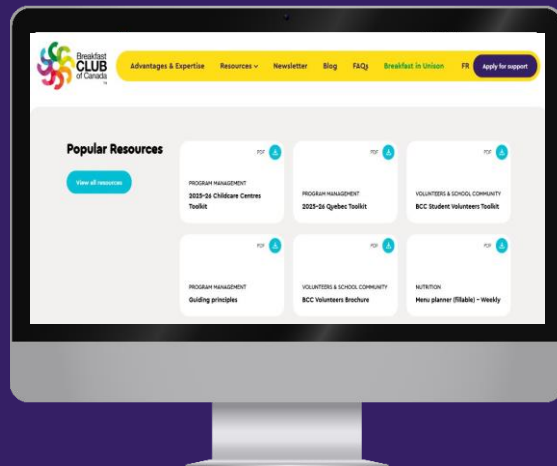
We are doing our part to follow federal government guidelines and work toward **zero plastic waste by 2030**.

We invite you to compost, when available, and join us by opting for reusable utensils and for a menu with fewer individually packaged products.

Find out how to make your program greener by consulting the tools in the [Program Management](#) section of the **School's Corner**.



Further Reading and Tools



SCHOOL'S CORNER

The [School's Corner](#) is a great place for volunteers and school administrators to look for extra information they may need. It contains a wide range of resources that will help you operate your breakfast program.

PROGRAMS NEWSLETTER

Vitamin C, BCC's Programs Newsletter, is full of inspiring and ideas, best practices in breakfast programs across the country and the latest news from our team.

To access the latest issues, visit the [Newsletters section](#) of our website.

The Club on Social Media



[Facebook](#)



[Facebook – Quebec Volunteers Group](#)



[LinkedIn](#)



[X](#)



[Youtube](#)



Here's to a Great Year!

We hope this toolkit helps you in operating a breakfast program that suits your needs and let the kids start their day on a nutritious note.

Your BCC coordinator is available throughout the year to provide support and answer any questions your Childcare Centre may have.

Together, let's give children the chance to reach their full potential each and every morning!