



MENUS AND RECIPE IDEAS

With food items provided by *Feed NB*



Here are **some ideas for adding variety to your breakfast menu using the foods delivered to you**. Feel free to get creative by using these recipes and combining them, as needed, with other foods to **provide a breakfast that includes all 3 food categories**. Be sure to offer a **whole-grain food, a protein food and a fruit or vegetable** every morning!



LOW-PREP MENU

The low-prep breakfast menus are designed **for programs with limited time, staff, or kitchen equipment**. Using the same foods delivered each week, these planners offer **simple, flexible ideas** that require minimal preparation while still supporting **variety and balanced meals**. Small changes in pairings, presentation, or toppings can help keep breakfast appealing and easy to serve.



COOKING MENU

The cooking breakfast menus are designed **for programs with the capacity to cook or heat food at school**. These planners provide creative ideas for **turning the same weekly food delivery into a range of cooked breakfast options**. Recipes can be adapted based on available equipment, time, and student preferences, offering opportunities for creativity, skill-building, and student involvement.

You can mix and match menu suggestions from each planner to suit your needs!



Menu Example – **LOW-PREP**



MONDAY

Menu

Apple

&

Cereals

&

Milk

TUESDAY

Menu

Sliced orange

&

Whole-wheat bagel
and margarine

&

Hard-boiled egg

WEDNESDAY

Menu

Unsweetened
applesauce

&

Whole-wheat bread

&

Cheese strings

&

Jam

THURSDAY

Menu

Apple

&

Granola bar

&

Yogurt

FRIDAY

Menu

Sliced orange

&

Cereals

&

Milk

Make water the beverage of choice, every day of the week.

NOTES & SUGGESTIONS

This planner is designed for quick, low-effort breakfast service. Foods can be served as-is or with simple assembly like portioning or adding toppings. Keep things flexible and focus on what works best for your space, time, and staff.



Menu Example – **LOW-PREP**



MONDAY

Menu

Apple
&
Whole-wheat Bagel
&
Cheese strings
&
Jam

TUESDAY

Menu

Unsweetened
applesauce
&
Cereals
&
Milk

WEDNESDAY

Menu

Sliced orange
&
Granola bar
&
Cheese strings

THURSDAY

Menu

Unsweetened
applesauce
&
Whole-wheat
Bagel and
margarine
&
Hard-boiled eggs

FRIDAY

Menu

Apple
&
Whole-wheat
Bread
&
Yogurt
&
Jam

Make water the beverage of choice, every day of the week.

NOTES & SUGGESTIONS

Even with low prep, small changes can add variety. Try rotating pairings, offering different toppings, or switching up how foods are served. A diverse menu helps keep students interested and supports balanced nutrition.



Menu Example – With cooking



MONDAY

Menu

Unsweetened
applesauce

&

French toast

&

Yogurt

TUESDAY

Menu

Apple

&

Cereals

&

Milk

WEDNESDAY

Menu

Sliced orange
&

Breakfast
sandwich with egg
and cheese

THURSDAY

Menu

Unsweetened
applesauce

&

Bagel chips

&

Cheese cubes

FRIDAY

Menu

Yogurt parfait with
cereals and diced
apples

Make water the beverage of choice, every day of the week.

NOTES & SUGGESTIONS

This planner allows for simple cooking or heating. Use it as a starting point and adapt recipes based on your equipment, time, and student preferences. Get creative with flavours and combinations and involve students when possible.



Menu Example – With cooking



MONDAY

Menu

Apple
&
Cheese omelette
&
Whole-wheat bread
and margarine

TUESDAY

Menu

Orange smoothie
&
Granola bar

WEDNESDAY

Menu

Unsweetened
applesauce
&
Mini egg baskets
(p.6)

THURSDAY

Menu

Apple cinnamon
cereal crumble
&
Milk

FRIDAY

Menu

Sliced oranges
&
Grilled cheese
sandwich

Make water the beverage of choice, every day of the week.

NOTES & SUGGESTIONS

This planner encourages creativity in the kitchen. The same foods can be prepared in different ways using basic cooking techniques. Try new ideas, adjust recipes, and use student feedback to keep breakfast engaging and fun.

APPLE CEREAL CRISP

INGREDIENTS (SERVES 4)

For the apples:

- 4 apples, thinly sliced
- 2 tbsp sugar
- 1/2 tsp cinnamon
- 1 tbsp lemon juice
- A pinch of salt

For the topping (added at the end):

- 2 cups cereal
- 3 tbsp melted margarine



DIRECTIONS

1. Preheat the oven to 350°C (180°F).
2. In a bowl, mix the apples with the sugar, cinnamon, lemon juice, and salt.
3. Place the apples in a single layer in an oven-safe baking dish.
4. Bake the apples for 20–25 minutes, until they are very tender and slightly bubbly.
5. Meanwhile, prepare the topping:
 - a. Crush the cereal.
 - b. Add the melted margarine, sugar (if used), and cinnamon.
 - c. Mix well.
6. Remove the apples from the oven and spread the topping evenly over them.
7. Return to the oven and bake for another 10–15 minutes, until the topping is golden and crispy.
8. Let rest for 5–10 minutes before serving.

FRENCH TOAST

INGREDIENTS (FOR 4 PIECES OF FRENCH TOAST)

- 2 eggs
- ½ cup (125 ml) milk
- 4 slices of whole-wheat or raisin bread
- 1 tbsp (15 ml) maple syrup



DIRECTIONS

1. Beat the eggs and milk together in a shallow bowl.
2. Dip the bread into the egg mixture and let stand for about 10 seconds per side.
3. Fry in a frying pan or a griddle over medium heat until both sides are golden brown (1 to 3 minutes per side).
4. Drizzle with maple syrup when serving.

Note : To make larger quantities, dice the bread, spread evenly in a prepared baking dish and pour the egg mixture over top. Bake in the oven until golden brown.

OVEN-BAKED CHEESE OMELETTE

INGREDIENTS (SERVES 12)

- 18 eggs
- 8 cheese strings, cut into small pieces
- 1 cup milk
- 1 tsp salt
- 2 tbsp vegetable oil or margarine (for greasing the dish)



DIRECTIONS

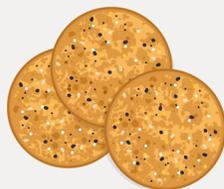
1. Preheat the oven to 350°F (180°C).
2. Grease a large rectangular baking dish (about 9 × 13 inches).
3. Whisk the eggs in a large bowl with the milk and salt.
4. Add the cheese strings and mix well.
5. Pour the mixture into the baking dish.
6. Bake for 25–30 minutes, until the omelette is set in the centre and lightly golden on top.
7. Let rest for 5 minutes, then cut into 12 portions.
8. Serve warm.

BAGEL CRACKERS

<https://thepracticalkitchen.com/homemade-bagel-chips/>

INGREDIENTS

- Whole-wheat bagels
- Vegetable oil
- Salt



DIRECTIONS

1. Cut the bagels in half, then slice into thin rounds.
2. Place the slices in a bowl and drizzle with vegetable oil. Toss well.
3. Spread the slices on a baking sheet.
4. Sprinkle with salt.
5. Bake in the oven at 350°F (180°C) for 15 to 20 minutes, stirring halfway through, until the crackers are golden and crispy.

EGG SANDWICH

INGREDIENTS (FOR 1 SANDWICH)

- 1 or 2 hard-boiled eggs, mashed
- Mayonnaise
- 2 slices of whole-wheat bread or toast



DIRECTIONS

1. Combine the eggs and mayonnaise.
2. Layer between bread or toast, and serve.

MINI FRUIT PARFAIT

INGREDIENTS

- 1 small cup of yogurt
- 1 pouch of granola or 1 container of cereal
- 1 small box of raisins or a chopped fresh fruit



DIRECTIONS

1. Scoop half the yogurt into a small bowl.
2. Add half the granola or cereal and half the fruit on top of the yogurt.
3. Repeat with the second half of the ingredients to create a second layer.

BREAKFAST SANDWICH

INGREDIENTS

- 1 or 2 eggs
- 1 slice of cheese
- 2 slices of whole-wheat bread, 1 whole-wheat English muffin or 1 whole-wheat bagel (fresh or toasted)



DIRECTIONS

1. Cook eggs as preferred (scrambled, or as an omelette).
2. Place cooked eggs and cheese between slices of bread, toast, English muffin or bagel, and serve.

Note : Add a slice of tomato and lettuce for added crunch and color!

ORANGE SMOOTHIE

INGREDIENTS (SERVES 12)

- 12 large oranges, peeled and cut into pieces, fresh or ideally frozen for better texture
- 9 cups fruit-flavoured yogurt
- 6 cups milk



DIRECTIONS

1. Place all ingredients in a large blender (or blend in batches).
2. Blend until smooth and creamy.
3. Refrigerate until ready to serve or serve immediately.

BREAKFAST POPS

INGREDIENTS

- 1 small cup of yogurt, applesauce or fruit purée
- 1 wooden popsicle stick



DIRECTIONS

1. Insert popsicle stick into the centre of the cup, piercing the lid.
2. Freeze for 6 hours or overnight.

Note : They will keep in the freezer for up to a month. Do not thaw and refreeze.



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LOOKING FOR OTHER WAYS TO VARY YOUR MENU?

Be sure to have a closer look at the **NUTRITION SECTION OF OUR SCHOOL'S CORNER**, where you'll find:

✓ Simple menus



✓ Creative ideas cards



✓ Our recipe book



✓ Lots of great recipes!

