



COOKING

BREAKFAST MENU



This menu is intended for schools that have the **ability, time, and desire to cook in the morning**. It often requires a small team to prepare. It offers a **variety of recipes using versatile ingredients**, allowing for flexibility and creativity in their use.

Each food has been **carefully analyzed by our team of dietitians** to ensure ease of service, foods that children enjoy, and nutritional quality—all in accordance with Canada's Food Guide and current food policies.



Breakfast Club of Canada is proud to place local producers and processors at the heart of its supply chain and to offer local, sustainable and nutritious food to children in Quebec. With the support of its partners, *Aliments du Québec au menu* has recognized this commitment since 2022.





COOKING

BREAKFAST MENU

WEEK 1



MONDAY



FRUITS AND VEGETABLES:

Fresh fruit



PROTEIN FOODS:

Grilled cheese sandwich
(sliced cheese)



WHOLE-GRAIN FOODS:

Grilled cheese sandwich
(whole wheat bread)



CONDIMENTS:

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TUESDAY



FRUITS AND VEGETABLES:

Fresh fruit



PROTEIN FOODS:

Yogurt



WHOLE-GRAIN FOODS:

Whole wheat bagel



CONDIMENTS:

Cheese spread

WEDNESDAY



FRUITS AND VEGETABLES:

Fresh fruit



PROTEIN FOODS:

Milk



WHOLE-GRAIN FOODS:

Cereal
(various flavors)



CONDIMENTS:

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THURSDAY



FRUITS AND VEGETABLES:

Fresh fruit



PROTEIN FOODS:

Vanilla soy beverage



WHOLE-GRAIN FOODS:

Fluffy buckwheat and
brown sugar pancakes



CONDIMENTS:

Coulis or maple syrup

FRIDAY



FRUITS AND VEGETABLES:

Fresh fruit



PROTEIN FOODS:

Breakfast sandwich
(fresh egg and/or cheese)



WHOLE-GRAIN FOODS:

Breakfast sandwich
(English muffin)



CONDIMENTS:

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

COMMENTS AND SUGGESTIONS

Serve a full breakfast every day that includes one food from each of the three categories. Remember that students are in the best position to assess how hungry they are.





COOKING

BREAKFAST MENU

WEEK 2



MONDAY



FRUITS AND VEGETABLES:

Fresh fruit



PROTEIN FOODS:

PB&J style sandwich
(WowButter)



WHOLE-GRAIN FOODS:

PB&J style sandwich
(whole wheat bread)



CONDIMENTS:

Fruit spread

TUESDAY



FRUITS AND VEGETABLES:

Fresh fruit



PROTEIN FOODS:

Milk



WHOLE-GRAIN FOODS:

Wheat bran Belgian
waffle



CONDIMENTS:

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WEDNESDAY



FRUITS AND VEGETABLES:

Fresh vegetable



PROTEIN FOODS:

Grilled quesadilla
(block cheese)



WHOLE-GRAIN FOODS:

Grilled quesadilla
(whole wheat tortilla)



CONDIMENTS:

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THURSDAY



FRUITS AND VEGETABLES:

Applesauce
(various flavors)



PROTEIN FOODS:

Drinkable yogurt



WHOLE-GRAIN FOODS:

French toast made with
raisin bread



CONDIMENTS:

Coulis or maple syrup

FRIDAY



This day is designed to help you clear out your inventory by serving what you have left. Serve a variety of foods from each of the three categories.

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

Comments and Suggestions

For each day of the menu, the food items were arranged to ensure a variety of flavours and highlight the complementary textures. The foods are combined to take nutritional value into account and ensure a balanced diet.



COOKING MENU ADAPTATION

Here are some ideas for adding variety to your breakfast menu using the foods that are delivered to you. Feel free to be 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!



FRENCH TOAST

Ingredients (for 4 pieces of French toast):

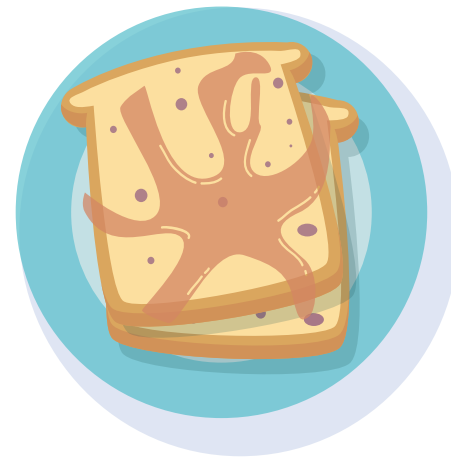
- 2 eggs
- ½ cup (125 ml) milk
- 4 slices of whole-wheat or raisin bread
- 1 tbsp (15 ml) maple syrup

Directions:

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



BREAKFAST SANDWICH

Ingredients:

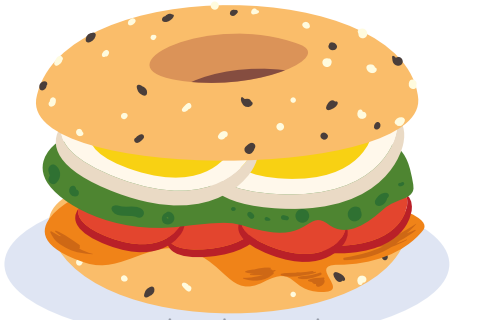
- 1 or 2 eggs
- 1 slice of cheese
- 2 slices of whole-wheat bread, 1 whole-wheat English muffin or 1 whole-wheat bagel (fresh or toasted)

Directions:

- Cook eggs as preferred (scrambled, or as an omelette).
- 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!



QUESADILLA

Ingredients:

- 1 slice of cheese
- 1 whole-wheat tortilla

Directions:

- Place the cheese on one side of the tortilla and fold over.
- Cook in a frying pan or skillet over medium heat until the cheese has melted and the tortilla is golden brown.

Note:

- Add vegetables for extra colour and flavour!



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:

✓ Sample menus

✓ Creative ideas cards

✓ Our recipe book

✓ Lots of great recipes!