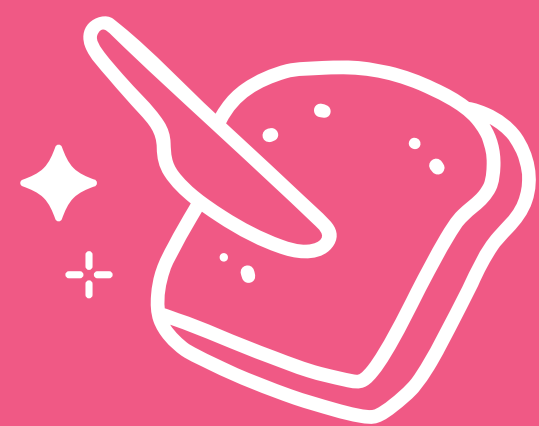




EASY-TO-PREPARE

BREAKFAST MENU



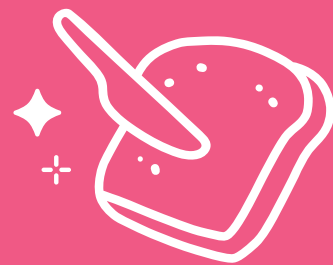
This menu features **foods that are easy to prepare and serve**. Schools that wish to do so may use the **toaster once or twice a week** to serve a few hot items to children. The **recipes involve a few quick steps** and don't require any special cooking skills. This is an **accessible option** that enhances the morning offering while making practical use of available resources.

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.





EASY-TO-PREPARE

BREAKFAST MENU

WEEK 1



MONDAY



FRUITS AND VEGETABLES:
Fresh fruit



PROTEIN FOODS:
Drinkable yogurt



WHOLE-GRAIN FOODS:
Breakfast cookie
(various flavors)



CONDIMENTS:
-

TUESDAY



FRUITS AND VEGETABLES:
Fresh vegetable



PROTEIN FOODS:
Hard-boiled egg



WHOLE-GRAIN FOODS:
Whole wheat bagel



CONDIMENTS:
*Cheese spread

WEDNESDAY



FRUITS AND VEGETABLES:
Applesauce
(various flavors)



PROTEIN FOODS:
Milk



WHOLE-GRAIN FOODS:
*Cereal
(various flavors)



CONDIMENTS:
-

THURSDAY



FRUITS AND VEGETABLES:
Fresh fruit



PROTEIN FOODS:
*Cheese



WHOLE-GRAIN FOODS:
Granola bar
(various flavors)



CONDIMENTS:
-

FRIDAY



FRUITS AND VEGETABLES:
Fresh fruit



PROTEIN FOODS:
Yogurt



WHOLE-GRAIN FOODS:
Raisin bread



CONDIMENTS:
-

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

COMMENTS AND SUGGESTIONS

*These foods are also available in large packages for portioning, which helps reduce packaging waste. Please ask your coordinator for these formats.

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.





EASY-TO-PREPARE

BREAKFAST MENU

WEEK 2



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 FRUITS AND VEGETABLES: Applesauce (various flavors)  PROTEIN FOODS: Drinkable yogurt  WHOLE-GRAIN FOODS: Granola (various flavors)  CONDIMENTS: -	 FRUITS AND VEGETABLES: Fresh fruit  PROTEIN FOODS: Sliced cheese  WHOLE-GRAIN FOODS: Whole wheat bread  CONDIMENTS: -	 FRUITS AND VEGETABLES: Fresh fruit  PROTEIN FOODS: *Soy nut butter (WowButter)  WHOLE-GRAIN FOODS: Crackers (various flavors)  CONDIMENTS: *Fruit spread	 FRUITS AND VEGETABLES: Dried banana and cereal pack  PROTEIN FOODS: Milk  WHOLE-GRAIN FOODS: Dried banana and cereal pack  CONDIMENTS: -	 MIX & MATCH MENU 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

*These foods are also available in large packages for portioning, which helps reduce packaging waste. Please ask your coordinator for these formats.

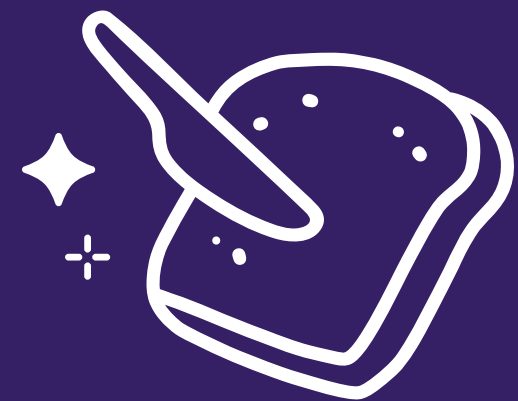
For each day of the menu, the food items were arranged to ensure a variety of flavours and highlight the complementary textures.

The foods are combined to take nutritional value into account and ensure a balanced diet.



EASY-TO-PREPARE 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!



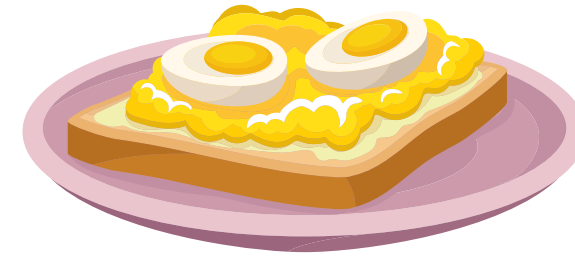
EGG SANDWICH

Ingredients (for 1 sandwich):

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

Directions:

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



SOY BUTTER & JELLY SANDWICH

Ingredients:

- 2 slices of whole-wheat bread or toast, or a pack of Melba toast
- 1 tbsp (15 ml) WOWBUTTER soy-based spread
- 1 tbsp (15 ml) fruit spread

Directions:

- Assemble 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:

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



BREAKFAST POPS

Ingredients:

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

Directions:

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

Note:

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



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!