



# COOKING

## BREAKFAST MENU FOR DAYCARES



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

Each food item has been **carefully analyzed by our team of dietitians** to ensure a balance between nutritional quality and recipes that children love, all in accordance with Canada's Food Guide and tailored to the specific nutritional needs of young children.



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 FOR DAYCARES

WEEK 1



| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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| <div>FRUITS AND VEGETABLES<br/>Fresh fruit</div> <div>PROTEIN FOODS<br/>Grilled cheese sandwich<br/>(sliced cheese)</div> <div>WHOLE-GRAIN FOODS<br/>Grilled cheese sandwich<br/>(whole wheat bread)</div> <div>CONDIMENTS:<br/>-</div> | <div>FRUITS AND VEGETABLES<br/>Fresh fruit</div> <div>PROTEIN FOODS<br/>Yogurt</div> <div>WHOLE-GRAIN FOODS<br/>Whole wheat bagel</div> <div>CONDIMENTS:<br/>Cheese spread</div> | <div>FRUITS AND VEGETABLES<br/>Fresh fruit</div> <div>PROTEIN FOODS<br/>Milk</div> <div>WHOLE-GRAIN FOODS<br/>Cereal<br/>(various flavors)</div> <div>CONDIMENTS:<br/>-</div> | <div>FRUITS AND VEGETABLES<br/>Fresh fruit</div> <div>PROTEIN FOODS<br/>Vanilla soy beverage</div> <div>WHOLE-GRAIN FOODS<br/>Fluffy buckwheat and<br/>brown sugar pancakes</div> <div>CONDIMENTS:<br/>-</div> | <div>FRUITS AND VEGETABLES<br/>Fresh vegetable</div> <div>PROTEIN FOODS<br/>Fresh egg</div> <div>WHOLE-GRAIN FOODS<br/>Whole wheat English<br/>muffin</div> <div>CONDIMENTS:<br/>-</div> |

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 children are in the best position to assess how hungry they are.





# COOKING

## BREAKFAST MENU FOR DAYCARES

### WEEK 2



#### MONDAY



##### FRUITS AND VEGETABLES

Fresh fruit



##### PROTEIN FOODS

Soy nut butter  
(WowButter)



##### WHOLE-GRAIN FOODS

Whole wheat bread



##### CONDIMENTS:

-

#### TUESDAY



##### FRUITS AND VEGETABLES

Applesauce  
(various flavors)



##### PROTEIN FOODS

Milk



##### WHOLE-GRAIN FOODS

Wheat bran Belgian  
waffle



##### CONDIMENTS:

-

#### WEDNESDAY



##### FRUITS AND VEGETABLES

Fresh vegetable



##### PROTEIN FOODS

Block cheese



##### WHOLE-GRAIN FOODS

Whole wheat bagel



##### CONDIMENTS:

Fruit spread

#### THURSDAY



##### FRUITS AND VEGETABLES

Fresh fruit



##### PROTEIN FOODS

Drinkable yogurt



##### WHOLE-GRAIN FOODS

French toast made with  
raisin bread



##### CONDIMENTS:

-

#### 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.

