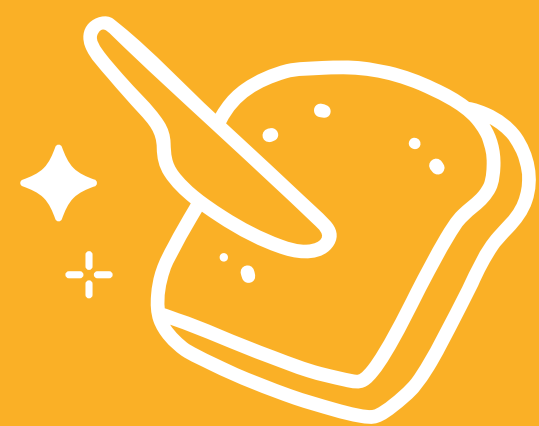




EASY-TO-PREPARE

BREAKFAST MENU FOR DAYCARES



This menu features **foods that are easy to prepare and serve**. Daycares 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 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.





EASY-TO-PREPARE

BREAKFAST MENU FOR DAYCARES

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
Yogurt



WHOLE-GRAIN FOODS
Raisin bread



CONDIMENTS:
-

FRIDAY



FRUITS AND VEGETABLES
Fresh fruit



PROTEIN FOODS
*Cheese



WHOLE-GRAIN FOODS
Granola bar
(various flavors)



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





EASY-TO-PREPARE

BREAKFAST MENU FOR DAYCARES

WEEK 2



MONDAY



FRUITS AND VEGETABLES

Applesauce
(various flavors)



PROTEIN FOODS

*Soy nut butter
(WowButter)



WHOLE-GRAIN FOODS

Crackers
(various flavors)



CONDIMENTS:

*Fruit spread

TUESDAY



FRUITS AND VEGETABLES

Fresh fruit



PROTEIN FOODS

Sliced cheese



WHOLE-GRAIN FOODS

Whole wheat bread



CONDIMENTS:

-

WEDNESDAY



FRUITS AND VEGETABLES

Fresh fruit



PROTEIN FOODS

Drinkable yogurt



WHOLE-GRAIN FOODS

Breakfast cookie
(various flavors)



CONDIMENTS:

-

THURSDAY



FRUITS AND VEGETABLES

Fresh fruit



PROTEIN FOODS

Milk



WHOLE-GRAIN FOODS

*Cereal
(various flavors)



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

*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.

