

### Morning meal(Grab and go) breakfast ideas

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Whole wheat pita, stringable cheese & fruit	<a href="#">Dry whole grain cereal trail mix*</a> , yogurt & fruit	Whole wheat bagel sandwich with processed cheese slice & vegetables	Whole grain toast and cheese sandwich, yogurt tub & fruit	<a href="#">Egg and cheese muffin*</a> & vegetables
<b>Vegetables and Fruit</b>	1 apple	1 Clementine or Mandarin orange	½ green pepper, sliced; 2-3 cherry tomatoes	1 banana	4 to 5 baby carrots
Packaging			Sandwich bag		Napkin
<b>Grain Products</b>	Whole wheat pita, sliced	¾ cups of dry whole grain assorted cereals	½ a whole wheat bagel	½ whole grain bread, toasted	
Packaging	Sandwich bag	Sandwich bag	Napkin	Napkin	
<b>Milk and Alternatives</b>	1 stringable cheese	yogurt, ¾ cups, 175 mL	2 processed cheese slices	Cheese, 50 g, (1 ½ oz.)	Grated cheese
Packaging		spoons			
<b>Meat and Alternative</b>					Egg

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	Day 1	Day 2	Day 3	Day 4	Day 5
Week 2	Mini pitas, cheese & vegetables	Whole wheat bagel, yogurt & fruit	<a href="#">Simple banana bran muffin*</a> , yogurt & fruit	Whole wheat Melba toast, stringable cheese & vegetables	Bagel with melted marble cheese & fruit
<b>Vegetables and Fruit</b>	2 baby carrots; 3 cucumber slices	6-10 grapes	1 apple	5-6 cucumbers slices	1 Clementine or Mandarin orange
Packaging	Sandwich bag	Paper cups or sandwich bag		Napkin or sandwich bags	
<b>Grain Products</b>	3 whole wheat mini pita	whole wheat bagel with one condiment	1 <a href="#">Simple banana bran muffin*</a>	2 whole wheat Melba toast	½ whole wheat bagel
Packaging	Sandwich bag	Napkin	Napkin	Sandwich bag	Sandwich bag
<b>Milk and Alternatives</b>	Cheese slices, 50 g (1 ½ oz.)	yogurt, 175 mL, ¾ cup	yogurt, 175 mL, ¾ cup	1 stringable cheese	Marble cheese, 50 g, (1 ½ oz.)
Packaging		spoons	spoons		
<b>Meat and Alternatives</b>					

\*Click to see recipe.

#### Tips for preparing a menu for a morning meal (Grab and go) program

- Offer one serving from at least three out of four food groups *from Eating Well with Canada's Food Guide* with one serving from the Vegetable and Fruit food group and one serving from the Milk and Alternative food group.
- To create variety offer different foods each day. For example, Monday's breakfast menu includes an apple, whole wheat pita and cheese. Tuesday's breakfast includes a Clementine orange, dry cereal and yogurt.

**Note: The menus and recipes displayed are examples and do not have to be prepared for morning meal (grab and go) programs.**