

Breakfast menu ideas

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	English muffin mini pizza * & fruit	Cold cereal & fruit	Egg and cheese wrap * & vegetables	Cheese and apple wrap * milk and fruit	Grilled Cheese Sandwich * & vegetables
Vegetable and fruit	1 apple, 1 Tbsp mild salsa	1 medium banana	4 cucumber slices and 3 baby carrots	1 apple, apples slices	2-3 cucumber slices & 3 cherry tomatoes
Grain Products	1 half whole wheat English muffin	¾ cups whole grain cereal	1 shell whole wheat tortilla	whole grain tortillas	1 slice whole wheat bread
Milk and Alternatives	Grated cheese, 50 g, 1 ½ oz.)	1 cup milk	Grated cheese, 50 g, (1 ½ oz.)	1 cup milk	2 slices processed cheese & 1 cup milk
Meat and Alternatives			1 egg		
	Tap water is available	Tap water is available	Tap water is available	Tap water is available	Tap water is available

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 2	Breakfast parfait *	Whole wheat bagel, cheese & fruit	Bran flake pancakes *, yogurt & fruit	Whole wheat pita, milk & Carrot and apple salad *	Cereal, stringable cheese & fruit
Vegetable and fruit	blueberries, ¼ cup, and banana, 1	½ cup Apple and Pear fruit salad *	½ cup berries (strawberries, blueberries or blackberries)	¼ cup Carrot and apple salad *	Clementine or Mandarin orange
Grain Products	dry whole grain cereal	½ Whole wheat bagel with one spread	1 pancake	½ whole wheat pita	Dry whole grain cereal trail mix
Milk and Alternatives	yogurt, ¾ cup	Cheese 50 g (1 ½ oz.)	¾ cup yogurt	1 cup milk	Stringable cheese
Meat and Alternatives					
	Tap water is available	Tap water is available	Tap water is available	Tap water is available	Tap water is available

Tips for preparing a menu for a breakfast program

1. Prepare menus in advance.
2. For each day, include one serving from at least 3 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.
3. To create variety, choose different food items each day. For example, Monday's breakfast menu includes 1 apple and 1 English muffin mini pizza. Tuesday's breakfast includes 1 banana, $\frac{3}{4}$ cup of whole grain cereal and 1 cup of milk.
4. If the menu includes a spread or condiment like jam, syrup or cream cheese, offer only one spread or condiment for the day. For example, in week 2, on Tuesday, only offer cream cheese to top a whole wheat bagel.

*Click to see recipe.

Note: Menus and recipes displayed are examples and do not have to be prepared for breakfast programs.