

PLANNING A BREAKFAST MENU

The breakfast club menu is unique to each school and its students. When developing a menu plan, it's important to consider the following:

- Number of breakfast program volunteers;
- Volunteers' food skills;
- Time available for food preparation;
- Kitchen space and equipment;
- Budget;
- Nutrition, based on your provincial/territorial school nutrition policy and the Club's nutrition criteria;
- Number of students that need to be served each day;
- Breakfast program delivery model (i.e. sit down breakfast, grab and go, classroom bins);
- Location where breakfast will be eaten;
- Students' cultural and religious practices that impact food intake;
- Students' food sensitivities and allergies;
- Foods that are available for purchase;
- Fresh ingredients that are available locally and in-season.

Creating a breakfast club menu can be as simple as serving foods from 3 of the 4 food groups each day. For example, whole grain toast with yogurt and a piece of fruit. In order to increase variety, it is recommended that schools develop a 1 or 2 week menu plan.

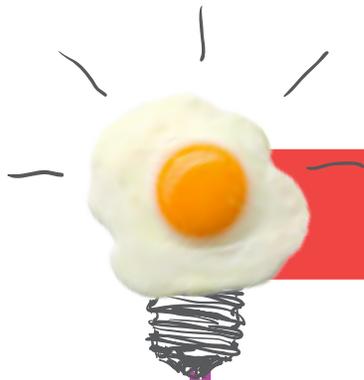


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INCLUSIVE DIETARY PRACTICES

Students come from a variety of backgrounds, cultures, and religious affiliations; therefore, it is crucial that the breakfast club honours this reality for all students. Being aware of the school's cultural demographics will help you create an inclusive menu which respects each student's dietary needs.

Creating an inclusive breakfast space requires consideration of the unique nature of food preferences, sensitivities and religious dietary practices. Support can be found in this area through Breakfast Club of Canada, your local public health unit, cultural organizations in the community, and the school administration, who may be better able to provide guidance as to the particular demographics of each school.



BRIGHT IDEAS

Post the weekly menu on a Breakfast Club of Canada menu planner and hang it in a visible location for students to see what food is being offered. Advertise the menu in the school newsletter so parents are aware. Consider serving some food items on the same day each week/month to establish a routine that students will look forward to. For example: Smoothie Fridays, Egg Muffin Mondays, etc.

For more great breakfast menu ideas and recipes, or to request a copy of the Breakfast Club of Canada menu planner, please connect with a Club coordinator or visit our website at:

www.breakfastclubcanada.org

SAMPLE BREAKFAST MENUS

BELOW ARE FOUR SAMPLE BREAKFAST MENUS, DEVELOPED BY BREAKFAST CLUB OF CANADA'S NUTRITION PROFESSIONALS. THEY INCLUDE A VARIETY OF FOODS THAT CHILDREN ENJOY AND ACCOMMODATE VARIOUS BREAKFAST DELIVERY MODELS. THE MENU PLANS ARE CONSISTENT WITH *EATING WELL WITH CANADA'S FOOD GUIDE*.

BIN AND SIT DOWN BREAKFAST MENU EXAMPLE 1

| | FRUIT/VEG | GRAIN | DAIRY | MEAT/ ALTERNATIVES | OTHER |
|--------------------------|--|---------------------------------------|-------------------|-----------------------|-----------------|
| MONDAY | Tomato & cucumber slices | 1/2 whole wheat (ww) bagel | 1 cup of milk | | Cream cheese |
| INSTRUCTIONS | Spread cream cheese on bagel. Add cucumber and tomato slices. Sprinkle with dried basil. | | | | |
| TUESDAY | 1/2 banana, sliced | 1/4 cup quick oats | 1/2 cup of milk | Sliced almonds | Cinnamon, honey |
| INSTRUCTIONS | Cook oatmeal in a large batch, or portion out individual servings and pour hot water over. Top with sliced bananas, milk, cinnamon and honey. | | | | |
| OTHER TOPPINGS | Fresh or frozen fruit of your choice, a variety of dried fruits, seeds (sunflower, pumpkin, hemp), nuts, ground flax, apple sauce, canned crushed pineapple. | | | | |
| SWEETENER OPTIONS | Use sugar sparingly. Portion out 1 tsp for each student. Consider using honey, maple syrup, fruit sugars, instead of white or brown sugar. | | | | |
| WEDNESDAY | Small apple | 1 slice ww bread, toasted | | Hard boiled egg | Juice |
| THURSDAY | 1/2 cup frozen berries | 1/4 cup old fashioned oats (uncooked) | 1/2 cup of yogurt | | Cinnamon, honey |
| INSTRUCTIONS | Create your own breakfast parfaits. Layer yogurt, fruit and oats in a cup or a bowl. Top with cinnamon. If using plain yogurt, drizzle with honey for sweetness. | | | | |
| SUBSTITUTIONS | Substitute frozen berries with any fresh/frozen fruit. Substitute oats with bran flakes, corn flakes or oat o's cereal | | | | |
| FRIDAY | Orange | Bran muffin | 2 cheese slices | | |
| TIP | Buy a block of real cheese and slice. Look for muffins with less than 3 g of fat, less than 6 g of sugar, and fiber content of 2 g or more. | | | | |

BIN AND SIT DOWN BREAKFAST MENU EXAMPLE 2

| | FRUIT/VEG | GRAIN | DAIRY | MEAT/ ALTERNATIVES | OTHER |
|---------------------|--|---------------------------------|----------------------|------------------------------|-------|
| MONDAY | 1 banana | Large whole wheat (ww) tortilla | 1 cup of milk | Almond butter/ soy butter | |
| INSTRUCTIONS | Spread nut butter/soy butter on tortilla, slice up banana and roll up. Cut in half and serve. Makes 2 servings. | | | | |
| TUESDAY | Cut up veggies | Whole grain crackers/pita | | Homemade hummus | |
| WEDNESDAY | Strawberries | ww english muffin | Slice of real cheese | Fried egg | |
| INSTRUCTIONS | Toast english muffin, fry up the egg, slice the cheese, stack and serve! | | | | |
| THURSDAY | Frozen berries and banana | Oatmeal | Greek yogurt | | Juice |
| INSTRUCTIONS | Mix fruit, yogurt and juice together in a blender and serve with a bowl of oatmeal. | | | | |
| TIP | Substitute milk or water for juice. Use your favorite combination of fruits. Don't be afraid to use spinach and other greens! | | | | |
| FRIDAY | Peppers and mushrooms | Large ww tortilla | Shredded cheese | | Salsa |
| INSTRUCTIONS | Saute veggies until soft, lay tortilla on baking sheet, spread salsa, veggies and grated cheese. Top with another tortilla and bake until cheese melts. Cut into 4 wedges and serve. Serves 4. | | | | |

GRAB AND GO BREAKFAST MENU EXAMPLE 1

| | FRUIT/VEG | GRAIN | DAIRY | MEAT/ ALTERNATIVES | OTHER |
|-----------|--|----------------------------|-----------------------------|-----------------------|-----------|
| MONDAY | Apple | Granola bar | Cheese string | | |
| TIP | See Breakfast Club of Canada's list of approved Sweetened Grain Based Snacks for healthier granola bars options on the nutrition section of our website www.breakfastclubcanada.org | | | | |
| TUESDAY | Grapes | Whole grain/rice crackers | Single serving yogurt | | |
| WEDNESDAY | Carrots | Whole grain muffin | Milk carton | | |
| TIP | Look for muffins with less than 3 g of fat, less than 6 g of sugar, and fibre content of 2 g or more. Portion out carrots into individual bags for easy grab and go. | | | | |
| THURSDAY | Pear | 1/2 whole wheat (ww) bagel | Portion of skim milk cheese | | Juice box |
| FRIDAY | Orange | Slice of bread | Milk carton (250 ml) | Nut/Pea/Soy butter | |
| TIP | Homemade muffins, bars, banana breads and breakfast cookies are great options for your breakfast program. Can be made ahead of time and frozen. | | | | |

GRAB AND GO BREAKFAST MENU EXAMPLE 2

| | FRUIT/VEG | GRAIN | DAIRY | MEAT/ ALTERNATIVES | OTHERS |
|------------------|--|---------------------------------|------------------------------|------------------------|--------|
| MONDAY | Orange | Breakfast cookie | Yogurt tube | | |
| TIP | Homemade breakfast cookies, muffins, bars, and banana breads are great options for your breakfast program. Can be made ahead of time and frozen. | | | | |
| TUESDAY | Applesauce | Whole wheat (ww) english muffin | | Hard boiled egg | |
| TIP | Choose unsweetened applesauce. | | | | |
| WEDNESDAY | Snap peas | Whole grain/rice crackers | Individually packaged cheese | | |
| THURSDAY | Apple | Granola bar | Milk carton | | |
| TIP | See Breakfast Club of Canada's list of approved Sweetened Grain Based Snacks for healthier granola bars options on the nutrition section of our website www.breakfastclubcanada.org | | | | |
| FRIDAY | Banana | Whole wheat (ww) pita | | Nut/Pea/ Soy butter | Juice |
| TIP | Spread nut/pea/soy butter in whole wheat (ww) pita. Add sliced bananas. | | | | |