

# BIN AND SIT DOWN BREAKFAST MENU EXAMPLE 1

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>MONDAY</b>	Tomato & cucumber slices	1/2 whole wheat (ww) bagel	1 cup of milk		Cream cheese
<b>INSTRUCTIONS</b>	Spread cream cheese on bagel. Add cucumber and tomato slices. Sprinkle with dried basil.				
<b>TUESDAY</b>	1/2 banana, sliced	1/4 cup quick oats	1/2 cup of milk	Sliced almonds	Cinnamon, honey
<b>INSTRUCTIONS</b>	Cook oatmeal in a large batch, or portion out individual servings and pour hot water over. Top with sliced bananas, milk, cinnamon and honey.				
<b>OTHER TOPPINGS</b>	Fresh or frozen fruit of your choice, a variety of dried fruits, seeds (sunflower, pumpkin, hemp), nuts, ground flax, apple sauce, canned crushed pineapple.				
<b>SWEETENER OPTIONS</b>	Use sugar sparingly. Portion out 1 tsp for each student. Consider using honey, maple syrup, fruit sugars, instead of white or brown sugar.				
<b>WEDNESDAY</b>	Small apple	1 slice ww bread, toasted		Hard boiled egg	Juice
<b>THURSDAY</b>	1/2 cup frozen berries	1/4 cup old fashioned oats (uncooked)	1/2 cup of yogurt		Cinnamon, honey
<b>INSTRUCTIONS</b>	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.				
<b>SUBSTITUTIONS</b>	Substitute frozen berries with any fresh/frozen fruit. Substitute oats with bran flakes, corn flakes or oat o's cereal				
<b>FRIDAY</b>	Orange	Bran muffin	2 cheese slices		
<b>TIP</b>	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
<b>MONDAY</b>	1 banana	Large whole wheat (ww) tortilla	1 cup of milk	Almond butter/ soy butter	
<b>INSTRUCTIONS</b>	Spread nut butter/soy butter on tortilla, slice up banana and roll up. Cut in half and serve. Makes 2 servings.				
<b>TUESDAY</b>	Cut up veggies	Whole grain crackers/pita		Homemade hummus	
<b>WEDNESDAY</b>	Strawberries	ww english muffin	Slice of real cheese	Fried egg	
<b>INSTRUCTIONS</b>	Toast english muffin, fry up the egg, slice the cheese, stack and serve!				
<b>THURSDAY</b>	Frozen berries and banana	Oatmeal	Greek yogurt		Juice
<b>INSTRUCTIONS</b>	Mix fruit, yogurt and juice together in a blender and serve with a bowl of oatmeal.				
<b>TIP</b>	Substitute milk or water for juice. Use your favorite combination of fruits. Don't be afraid to use spinach and other greens!				
<b>FRIDAY</b>	Peppers and mushrooms	Large ww tortilla	Shredded cheese		Salsa
<b>INSTRUCTIONS</b>	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.				

# BIN AND SIT-DOWN BREAKFAST MENU

## WEEK 1

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>Open Faced Hard-boiled Egg and Tomato Sandwich</b>					
<b>MONDAY</b>	Tomato slice	½ whole wheat English muffin	Shredded mozzarella cheese	Hard-boiled egg	100% fruit juice
<b>INSTRUCTIONS</b>	Toast English muffin, layer on tomato slice, sliced hard-boiled egg, grated cheese & oregano.				
<b>Blueberry Yogurt with Granola</b>					
<b>TUESDAY</b>	Blueberries	Granola pieces	½ cup plain Greek yogurt		Cinnamon
<b>INSTRUCTIONS</b>	Combine blueberries and cinnamon in yogurt, then top with granola pieces.				
<b>OTHER TOPPINGS</b>	Seeds such as chia, flax, pumpkin or sunflower.				
<b>SWEETENER OPTIONS</b>	Mix a spoonful of unsweetened applesauce or crushed pineapple with plain Greek yogurt.				
<b>Ham and Cheese Scrambled Eggs</b>					
<b>WEDNESDAY</b>	Apple		Milk	Eggs, ham	Chives
<b>INSTRUCTIONS</b>	Scramble eggs, add ham and chives.				
<b>Cheese and Apple Quesadilla</b>					
<b>THURSDAY</b>	Granny Smith apple slices	Whole wheat tortillas	Sharp cheddar cheese		100% fruit juice
<b>INSTRUCTIONS</b>	Fold tortillas in half and fill with grated cheese and apple slices, heat until cheese melts and cut into wedges.				
<b>Greek Pita Pocket</b>					
<b>FRIDAY</b>	Cucumber, bell pepper and grated carrot	Whole wheat pita (cut in half)	Crumbled feta cheese	Hummus	Water to drink
<b>INSTRUCTIONS</b>	Combine hummus spread, veggies and cheese in half of a whole wheat pita pocket.				

# BIN AND SIT-DOWN BREAKFAST MENU

## WEEK 2

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
Homemade Muffin and Fruit					
MONDAY	Apple	Homemade blueberry bran muffin	Milk		
INSTRUCTIONS	Visit Breakfast Club of Canada's Nutrition Blog for homemade muffin recipes.				
Berry Smoothie					
TUESDAY	Frozen berries or banana	Homemade granola bar	Plain Greek yogurt		100% fruit juice
INSTRUCTIONS	Make a smoothie by blending berries, plain yogurt and juice, add water for desired consistency.				
OTHER TOPPINGS	Add leafy greens, chia or flax seeds for extra fibre and nutrients.				
SWEETENER OPTIONS	If your students like sweeter smoothie, add more fruit.				
Fried Egg Sandwich					
WEDNESDAY	Orange	2 slices whole grain toast	Milk	Fried egg	
INSTRUCTIONS	Make a breakfast sandwich with eggs and toast (use hummus instead of butter).				
Oatmeal Smoothie Bowl					
THURSDAY	Banana	Oatmeal	Milk	Nut or seed butter	Cinnamon
INSTRUCTIONS	In a blender, blend banana, milk, nut butter, cocoa and cinnamon. Mix with cooked oatmeal.				
Ricotta Toast with Strawberries and Honey					
FRIDAY	Strawberries (diced)	½ whole grain bagel	Ricotta cheese or plain cream cheese		Honey
INSTRUCTIONS	Spread cheese on bagel, spread strawberries evenly on bagel and drizzle with honey.				

# SIT-DOWN BREAKFAST MENU

## WEEK 3

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>Berry Yogurt Delight</b>					
<b>MONDAY</b>	½ cup frozen mixed berries	½ cup granola	½ cup plain or vanilla yogurt		1 tbsp honey (optional)
<b>INSTRUCTIONS</b>	Place frozen berries in bowl and cover with yogurt. Add granola and drizzle honey.				
<b>Breakfast Burrito</b>					
<b>TUESDAY</b>	½ cup spinach	½ whole wheat tortilla	handful cheddar cheese (optional)	1 scrambled egg	ketchup
<b>INSTRUCTIONS</b>	Melt cheese on scrambled egg, add spinach on top, wrap into a burrito and serve.				
<b>Banana Open Faced Sandwich</b>					
<b>WEDNESDAY</b>	½ banana	1 slice whole wheat bread		1 tbsp Wowbutter or alternative	
<b>INSTRUCTIONS</b>	Spread Wowbutter on toasted bread, add banana slices, top with honey and cinnamon.				
<b>Eggcellent English Muffin Sandwich</b>					
<b>THURSDAY</b>	slice of tomato handful spinach	1 whole wheat English muffin	slice of cheese (optional)	1 egg	salt and pepper
<b>INSTRUCTIONS</b>	Add spinach, tomato, and cheese on toasted English muffin. Add fried or scrambled egg on top.				
<b>Strawberry Banana Smoothie</b>					
<b>FRIDAY</b>	3 bananas 3 cups berries 3 cups spinach		1 ¼ cup yogurt 5 cups milk or water		
<b>INSTRUCTIONS</b>	Mix all ingredients in blender and blend. Serves 10.				

# SIT-DOWN BREAKFAST MENU

## WEEK 4

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>Banana French Toast</b>					
<b>MONDAY</b>	1 sliced banana	1 slice whole wheat bread	¼ cup milk	1 egg	dash cinnamon (optional)
<b>INSTRUCTIONS</b>	Whisk eggs, milk, and cinnamon in bowl. Dip bread in mixture and fry till bread is lightly brown on each side. Serve topped with banana slices.				
<b>Apple Pie Oatmeal</b>					
<b>TUESDAY</b>	5 large apples 5 cups unsweet apple sauce	3 ½ cups rolled oats	10 cups milk		½ cup bran 3 tbsp cinnamon drizzle of honey
<b>INSTRUCTIONS</b>	Dice apple. In pot over low heat, whisk together all ingredients, except honey. Cook over med. heat for 9-15 minutes, stirring till oats soften. Pour into dish and top with honey. Serves 10				
<b>Happy Cream Cheese Bagels</b>					
<b>WEDNESDAY</b>	1 cucumber 2 tomatoes	5 whole wheat bagels	1 cup plain cream cheese		
<b>INSTRUCTIONS</b>	Halve the bagels and toast. Spread cream cheese and add sliced cucumber and tomatoes. Serve open-faced.				
<b>Mini Egg and Veggie Frittatas</b>					
<b>THURSDAY</b>	2 cups chopped veggies	10 slices whole wheat bread	10 cups shredded cheese	10 eggs	salt & pepper muffin liners
<b>INSTRUCTIONS</b>	Preheat oven to 375, add muffin liners to muffin tin and fill 1/2 with veggie mix. Whisk eggs with salt & pepper, add egg mix to muffin liner till 3/4 full, top with cheese and bake 18-20 minutes.				
<b>Nutty Banana Smoothie</b>					
<b>FRIDAY</b>	7 bananas 2 avocados (optional)		2 cups plain yogurt 3 cups milk (2%)	7 tbsp Wowbutter or alternative	7 cups ice 7 tbsp cocoa (optional)
<b>INSTRUCTIONS</b>	Mix all ingredients in blender and blend. Serves 10.				

# SIT-DOWN BREAKFAST MENU

## WEEK 5

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>Cobs Almond Butter Crunch</b>					
<b>MONDAY</b>	1 tbsp shredded carrot, 1 tsp currants	1 slice whole grain toast		1 tbsp almond butter 1 tsp sunflower seeds	honey
<b>INSTRUCTIONS</b>	On toast, spread almond butter (or Wowbutter), shredded carrot, currants (or raisins), sunflower seeds, drizzle of honey.				
<b>Berry Smoothie</b>					
<b>TUESDAY</b>	2 cups berries 3 bananas 2 avocados	7 tbsp wheat germ / bran	5 cups milk 1 cup plain yogurt		
<b>INSTRUCTIONS</b>	Blend all ingredients and serve in cups. Serves 10.				
<b>Avacado Egg Toast</b>					
<b>WEDNESDAY</b>	5 avocados 4 cucumbers	10 slices whole wheat bread	1 cup plain yogurt	10 eggs hard-boiled	salt & pepper
<b>INSTRUCTIONS</b>	In a bowl, mash together peeled and chopped eggs, avocado, yogurt, salt & pepper. Add mixture and cucumber slices to toasted bread. Serves 10.				
<b>Oatmeal Yogurt Cups</b>					
<b>THURSDAY</b>	2 bananas	1 ½ cups oats 1 cup wheat bran / germ	plain yogurt		1/3 cup honey 1 tsp cinnamon
<b>INSTRUCTIONS</b>	In a bowl, mash bananas and honey. Add oats and cinnamon and combine. Spoon mixture into muffin tins, pressing down centre to make cups. Bake 10-15 mins at 175. Top with yogurt and fruit.				
<b>Wowbutter Cereal Bars</b>					
<b>FRIDAY</b>	2 tbsp raisins or cranberries	4 cups rice crispies		1 cup Wowbutter or alternative	½ cup honey
<b>INSTRUCTIONS</b>	Heat Wowbutter and honey in microwave. Mix dried fruit and cereal in bowl and add Wowbutter mixture. Pour everything into lined baking pan and freeze for 1-2 hours. Cut and serve.				

# SIT-DOWN BREAKFAST MENU

## WEEK 6

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>Pizza Bagel</b>					
<b>MONDAY</b>	2 cups tomato paste 2 cups spinach	5 whole wheat bagels	2 cups shredded cheese		
<b>INSTRUCTIONS</b>	Slice bagels in half, spread tomato paste on one half and sprinkle spinach and cheese over. Place bagels in baking sheet and bake at 375 till cheese is melted. Serves 10.				
<b>Tortilla Roll Ups</b>					
<b>TUESDAY</b>	2 cups spinach	5 whole wheat tortillas	2 cups shredded cheese	5 slices deli meat (turkey)	1 ½ cup cream cheese
<b>INSTRUCTIONS</b>	Spread thin layer of cream cheese on tortilla. Add shredded meat, cheese and roll tortilla up, adding a bit of cream cheese at end to stick tortilla together. Cut in halves and serve.				
<b>Creamy Pumpkin Oatmeal</b>					
<b>WEDNESDAY</b>	2 ½ cups pumpkin puree	3.3 cups quick oats 1.5 cups wheat germ or bran	5 cups milk		10 tbsp honey or maple syrup
<b>INSTRUCTIONS</b>	Heat milk until steaming. Combine oats, pumpkin, and germ/bran in a bowl. Pour hot milk over oat mixture and stir well to combine. Let sit for 15 minutes. Serve as topped with honey.				
<b>Energy Booster Smoothie</b>					
<b>THURSDAY</b>	10 cups frozen fruit 2 ½ cups veggies	5 tbsp wheat germ or bran	5 cups milk		
<b>INSTRUCTIONS</b>	Blend all ingredients till smooth and serve. Works best with spinach, kale, avocado, or carrots. Serves 10.				
<b>Breakfast Quesadilla</b>					
<b>FRIDAY</b>	2 cups spinach	10 whole wheat tortillas	2 cups cheddar cheese, shredded		
<b>INSTRUCTIONS</b>	Sprinkle spinach and cheese on half the tortilla. Fold over and warm for 5 minutes at 400, or 45 seconds in a microwave. Serves 10.				