

# 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 <a href="http://www.breakfastclubcanada.org">www.breakfastclubcanada.org</a>				
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
<b>MONDAY</b>	Orange	Breakfast cookie	Yogurt tube		
<b>TIP</b>	Homemade breakfast cookies, muffins, bars, and banana breads are great options for your breakfast program. Can be made ahead of time and frozen.				
<b>TUESDAY</b>	Applesauce	Whole wheat (ww) english muffin		Hard boiled egg	
<b>TIP</b>	Choose unsweetened applesauce.				
<b>WEDNESDAY</b>	Snap peas	Whole grain/rice crackers	Individually packaged cheese		
<b>THURSDAY</b>	Apple	Granola bar	Milk carton		
<b>TIP</b>	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 <a href="http://www.breakfastclubcanada.org">www.breakfastclubcanada.org</a>				
<b>FRIDAY</b>	Banana	Whole wheat (ww) pita		Nut/Pea/ Soy butter	Juice
<b>TIP</b>	Spread nut/pea/soy butter in whole wheat (ww) pita. Add sliced bananas.				

# GRAB-AND-GO BREAKFAST MENU

## WEEK 1

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>Granola Bar with Yogurt and Fruit</b>					
<b>MONDAY</b>	Apple	High fibre granola bar	Milk		
<b>INSTRUCTIONS</b>	Pre-slice apples for easier access and especially for young children.				
<b>Bagel with Peanut Butter and Sliced Banana</b>					
<b>TUESDAY</b>	Banana	½ whole wheat bagel	Milk	Nut or seed butter	
<b>INSTRUCTIONS</b>	Spread nut butter on bagel, slice banana and spread evenly on bagel.				
<b>Raspberry Avocado Smoothie</b>					
<b>WEDNESDAY</b>	Frozen raspberries and avocado	Oatmeal	Yogurt cup		100% fruit juice
<b>INSTRUCTIONS</b>	Blend frozen raspberries, oatmeal, avocado, ice cubes and orange juice for a filling smoothie. Serve with a yogurt cup.				
<b>Chocolate Smoothie</b>					
<b>THURSDAY</b>	Avocado and dates	Homemade energy balls	Unsweetened Vanilla non-dairy milk		Cocoa powder
<b>INSTRUCTIONS</b>	Blend milk, avocado, dates, cocoa powder and ice cubes for a unique smoothie.				
<b>Yogurt Parfait</b>					
<b>FRIDAY</b>	Berries and sliced banana	Granola pieces	Plain Greek yogurt	Sliced unsalted almonds	
<b>INSTRUCTIONS</b>	Add berries, banana, granola pieces and sliced almonds to yogurt.				

# GRAB-AND-GO BREAKFAST MENU

## WEEK 2

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
Cottage Cheese with Blueberries					
MONDAY	Frozen blueberries	High fibre granola bar	Cottage cheese		100% fruit juice
INSTRUCTIONS	Thaw blueberries and mix with cottage cheese. Portion in cups.				
Cheese and Crackers					
TUESDAY	Red grapes	Whole grain crackers	Mozzarella cheese		100% fruit juice
INSTRUCTIONS	Slice cheese and serve on crackers with grapes on the side.				
Homemade Muffins					
WEDNESDAY	Unsweetened apple sauce	Banana oatmeal muffin	Yogurt cup		
INSTRUCTIONS	Make high fibre muffins from scratch to save money and boost nutrition.				
Trail Mix					
THURSDAY	Dried apricots and raisins	Whole grain oats and shredded wheat cereal	Milk	Unsalted nuts or seeds	
INSTRUCTIONS	Combine dried fruit, cereal, nuts and seeds in a small baggie or cup for delicious trail mix.				
Hard-boiled Eggs					
FRIDAY	Watermelon wedges		Yogurt cup	Boiled egg	
INSTRUCTIONS	Keep your Grab and Go menu simple! Focus on fibre from fruits, vegetables and whole grains, as well as protein from dairy, meat and alternatives.				

# GRAB-AND-GO BREAKFAST MENU

## WEEK 3

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
Apple, Granola Bar and Milk					
MONDAY	½ apple	1 healthy granola bar	1 cup milk		
INSTRUCTIONS	Serve sliced apples with granola bar and milk.				
Apple & Cheese Toast					
TUESDAY	½ apple	1 slice whole wheat toast	1 slice cheddar cheese		
INSTRUCTIONS	Add sliced cheese to toast. Serve with halved apple.				
Granola Trail Mix & Milk					
WEDNESDAY	3 tbsp dried cranberries	½ cup granola	1 cup milk	2 tsp sunflower seeds	
INSTRUCTIONS	Mix sunflower seeds with granola and cranberries. Serve milk on side.				
Banana Wowbutter Roll Up					
THURSDAY	½ banana	1 whole wheat tortilla		1 tbsp Wowbutter or alternative	
INSTRUCTIONS	Spread 1 tbsp of Wowbutter or alternative over tortilla. Place sliced banana in tortilla and wrap.				
Carrots, Granola Bars and a Cup of Milk					
FRIDAY	1 carrot	1 healthy granola bar	1 cup milk		
INSTRUCTIONS	Serve sliced carrots with granola bar and milk on side.				

# GRAB-AND-GO BREAKFAST MENU

## WEEK 4

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
Banana Granola Yogurt Cup					
MONDAY	½ banana	¼ cup granola	½ cup vanilla or plain yogurt		
INSTRUCTIONS	Top sliced banana with granola, then yogurt. Mix and enjoy.				
Apple & Cheese with a Granola Bar					
TUESDAY	½ apple	1 healthy granola bar	1 slice cheddar cheese		
INSTRUCTIONS	Serve quartered apples with cheese and granola bar on the side.				
Wowbutter Banana Boats					
WEDNESDAY	½ banana	¼ cup granola		2 tbsp Wowbutter or alternative	
INSTRUCTIONS	Slice banana lengthwise, put spread on top. Sprinkle granola over.				
Frozen Berry Yogurt Cup					
THURSDAY	½ cup frozen berries	2 tbsp wheat bran / germ	½ cup vanilla or plain yogurt		
INSTRUCTIONS	Mix ingredients in a bowl and serve.				
Tortilla Cheese Roll Ups					
FRIDAY	½ apple	1 whole wheat tortilla	1 slice cheddar cheese		
INSTRUCTIONS	Slice apple into thin slices, cut cheese in half, roll cheese into tortilla and serve with apple.				

# GRAB-AND-GO BREAKFAST MENU

## WEEK 5

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>Cereal Balls To-Go</b>					
<b>MONDAY</b>		5 cups crushed whole grain cereal flakes (ex. wheaties)	5 cups dry skim milk powder	5 cups Wowbutter or alternative	1 cup honey
<b>INSTRUCTIONS</b>	Serves 10. Microwave honey and Wowbutter in bowl, add remaining ingredients and form 2" sized balls. Refrigerate in snack bags and they're ready to go!				
<b>Apple Wowbutter Granola Stacks</b>					
<b>TUESDAY</b>	1 apple	1½ tbsp granola		½ cup Wowbutter or alternative	
<b>INSTRUCTIONS</b>	Slice apples into 1" slices, spread Wowbutter on each and sprinkle on granola. Stack apple / Wowbutter slices and serve.				
<b>Banana</b>					
<b>WEDNESDAY</b>	½ banana	½ cup granola	1 cup milk		
<b>INSTRUCTIONS</b>	Serve sliced bananas and granola in a bowl. Serve milk on side.				
<b>Cucumber Cream Cheese Bagel</b>					
<b>THURSDAY</b>	¼ cucumber	½ whole wheat bagel	1 tbsp plain cream cheese		
<b>INSTRUCTIONS</b>	Spread cream cheese on bagel, top with sliced cucumber.				
<b>Granola &amp; Fruit</b>					
<b>FRIDAY</b>	½ orange or banana	¼ cup granola	¼ cup vanilla or plain yogurt		Honey
<b>INSTRUCTIONS</b>	Add sliced fruit and granola to yogurt. Stir well and top with honey.				

# GRAB-AND-GO BREAKFAST MENU

## WEEK 6

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>Chocolate Banana Granola Cups</b>					
<b>MONDAY</b>	½ banana	½ cup granola	½ cup milk		1 tbsp cocoa powder
<b>INSTRUCTIONS</b>	In bowl combine cocoa and granola. Add sliced bananas over top and add milk. Make a large batch of cocoa and granola ahead of time. Add bananas and milk when ready to serve.				
<b>Egg Cheese Breakfast Tortilla</b>					
<b>TUESDAY</b>		½ whole wheat tortilla	1 slice cheddar cheese	1 hard-boiled egg	ketchup
<b>INSTRUCTIONS</b>	Place cheese on tortilla and microwave for 30 seconds. Spread egg over tortilla, fold in half and serve.				
<b>Granola Bars and Oranges</b>					
<b>WEDNESDAY</b>	½ orange	1 healthy granola bar		1 hard-boiled egg	
<b>INSTRUCTIONS</b>	Cut orange into wedges, serve with egg and granola bar on side.				
<b>Apple Wowbutter Toast</b>					
<b>THURSDAY</b>	½ apple	1 slice whole wheat toast		½ cup Wowbutter or alternative	sunflower seeds or raisins
<b>INSTRUCTIONS</b>	Spread Wowbutter on toast, sprinkle raisins or seeds on top. Serve with sliced apple.				
<b>Tortilla Carrot Hummus Roll Up</b>					
<b>FRIDAY</b>	½ carrot	1 whole wheat tortilla	2 tbsp hummus		
<b>INSTRUCTIONS</b>	Spread hummus over tortilla. Cut carrot into thin slices, spread on tortilla, wrap and serve.				