BREAKFAST SINGLE SERVING CHART

The purpose of this document is to help you prepare and plan your breakfast program. The proposed quantities are provided for reference only.
As a reminder, students are in the best position to determine what it takes to satisfy their appetite.

FOOD	AGE 4-6	AGE 7-9	AGE 10-12	AGE 13-17
WHOLE GRAINS				
Bagels	½	1	1 to 1½	1½
Egg and cheese burritos	1	1	1 to 1½	2
English muffins (cheese or plain)	½	1 to 1½	1 to 2	1 to 2
English muffins with egg and cheese	½	1	1	1 to 1½
Pancakes	1	1 to 2	2	2 to 3
Waffles	1	1 to 1½	2	2
French toast	1	1 to 2	2	2
Cold Cereal	¾ cup	1 cup	1½ cups	1½ to 2 cups
Bread/Raisin Bread	1	1 to 2	2	2 to 3
Grilled cheese sandwich	½	1	1	1 to 1½
FRUITS AND VEGETABLES				
Fruits and veggies: 1 serving = ½ cup of prepared fruits or veggies	1 serving	1 to 2 servings	1 to 2 servings	2 servings
PROTEIN FOODS				
Yogurt (individual portion)	1	1	1	1
Drinkable yogurt	1	1	1	1 to 2
Milk	½ to 1 cup	1 cup	1 cup	1 to 2 cups
Sliced cheese	1 slice	1 slice	1½ slices	2 slices
Mozzarella cheese *(2.3kg gives around 150 portions)*	1 portion	1-2 portions	2 portions	2-3 portions
Soy Nut Butter	16gr	16gr	16gr-24gr	16-32gr
Eggs	½ to 1	1	1 à 1½	1 to 1½
BEVERAGE				
Water	Unlimited servings			

The Breakfast Club of Canada uses this tool to calculate how much of each food product is sent to schools. For all individually packaged products, we calculate one product per student. If a student is still hungry, we recommend you offer a second portion.