

Hot menu

WEEK 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Date :	Date :	Date :	Date :	Date :
Toast/jam Mozzarella cheese Fruit	English muffins / Sliced cheese Fruit	Cereals and toast Fruit	Waffles Mozzarella cheese Fruit	Scrambled eggs and toast Fruit
WEEK 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Date :	Date :	Date :	Date :	Date :
Bagels with cream cheese Fruit	Toast/jam Mozzarella cheese Fruit	Egg and yellow or white cheese burritos Fruit	Cereals and toast Fruit	Pancakes Mozzarella cheese Fruit
WEEK 3				
Monday	Tuesday	Wednesday	Thursday	Friday
Date :	Date :	Date :	Date :	Date :
Cereals and toast Fruit	French Toast Mozzarella cheese Fruit	Grilled cheese sandwiches Fruit	English muffins and egg with sliced cheese Fruit	Toast/jam Mozzarella cheese Fruit
WEEK 4				
Monday	Tuesday	Wednesday	Thursday	Friday
Date :	Date :	Date :	Date :	Date :
Croissants/sliced cheese Fruit	Toast/jam Mozzarella cheese Fruit	English muffins/Sliced cheese Fruit	Cereals and toast Fruit	Bagels/jam Fruit

*Serve 2 meals/week with juice, 3 meals/week with milk. It's important to serve milk when maple syrup is on the menu. Offer water at each breakfast.

*Offer one milk product, other than milk, per meal (yogurt or cheese)

* For more information concerning the preparation instructions, please refer to the menu explanation.

* Once a month, you may have a « leftover-day » in order to reduce loss. During this day, you may offer more than one choice of meals.