



Sample Planner – Hot Service Menu

MONDAY

Menu

Apple oatmeal or porridge

Suggested sides:

Toppings- fruits, seeds, nut or WOW butter

Drink

Water & milk

TUESDAY

Menu

Breakfast quesadillas

Suggested sides:

Rice and beans

Drink

Water

WEDNESDAY

Menu

Banana or blueberry whole wheat pancakes

Suggested sides:

cinnamon maple dip or yogurt, & fresh fruit

Drink

Water & Milk

THURSDAY

Menu

Vegetable & Egg Fried Rice

Suggested sides:

Any smoothie

Drink

Water

FRIDAY

Menu

Breakfast sandwiches

Suggested sides:

Baked or fresh vegetables

Drink

Water

NOTES & SUGGESTIONS

Each menu includes all 3 food categories, with suggested sides offering additional nourishment for students. Vegetables and fruits can also be offered as a simple side dish each day.

You can easily substitute students' favourite vegetables, fruits, and grains in each recipe, and use other lean proteins in place of eggs. For example, try the breakfast sandwiches using Bannock, baked biscuits, or naan instead of English muffins.