



# Sample Planner – Make Ahead/ Minimal Cooking Menu

## MONDAY

### Menu

Cheesy Vegetable  
Egg Cups  
*with*  
Whole wheat toast  
or crackers

**Drink**  
Water

## TUESDAY

### Menu

Super Spinach  
Muffins  
*with*  
Cheese or yogurt

**Drink**  
Water

## WEDNESDAY

### Menu

Vegetable-  
packed  
Breakfast  
Burritos

**Drink**  
Water

## THURSDAY

### Menu

Breakfast Energy  
Balls  
*with*  
Yogurt & fruits

**Drink**  
Water

## FRIDAY

### Menu

Frozen Yogurt  
Fruit Bites  
*with*  
Fresh fruits

**Drink**  
Water

## NOTES & SUGGESTIONS

Each main menu item can be premade and refrigerated or frozen until served. Find more make ahead meals in our [Recipe Book](#).

If you have a foods class or adult volunteers, they can make many of the items for the entire week in one or two shifts!

Each main item includes at least 2 food categories, and you can include more vegetables & fruits, whole grains, and proteins by offering easy sides. Substitute students' favourite vegetables, and you can use other lean proteins in place of eggs.