



## Tips, Recommendations and Recipe Ideas

This document contains a series of tips and recommendations for your breakfast program that will help you keep waste to a minimum, determine what your food management needs are, be as environmentally friendly as possible, add variety to your meal plans and find out about proper preparation and storage protocols. Be sure to read on to learn more about these and other best practices.

All our menus, both hot and cold, have been developed in accordance with [Canada's Food Guide](#) and local school nutrition policies.

**Every breakfast menu must contain a variety of healthy foods** with at least one serving from each of the three following categories:

- **Fruits and vegetables**
- **Whole-grain foods**
- **Protein foods**

**Water is the beverage of choice** and must be **made available at every meal**.

**Milk, yogurt and cheese are considered to be protein foods**, along with legumes/pulses, eggs, nuts and seeds.

Note that **all cooking and preparation must be done on site at the school** using supplies and facilities belonging to the breakfast program or the school, if available, and must meet the requirements of Canada's Food Guide and any local school nutrition policies in place.

It is also important to always comply with the latest version of Breakfast Club of Canada's *Hygiene and Sanitation Tips* (see our tips on the [School's Corner](#)).

### REDUCE YOUR ENVIRONMENTAL FOOTPRINT

- **Opt for larger or bulk packaging** for items like breakfast cereal and milk.
- Provide **washable and reusable dishes and utensils**.
- Have children eat certain foods (fruit, cheese, bread, bagel, etc.) **directly from their placemat or bagged breakfast** (no plates or utensils required).
- Keep bread and buns **in their original bag when placing in the bin for each classroom**. This will also reduce handling.

For more ideas, go to **Top 5 Ways to a Greener Breakfast Program** on our [School's Corner](#).



## FOOD SUPPLIES

**Food deliveries are generated automatically** based on the actual needs of each breakfast program, which are determined according to attendance and the type of menu served.

- Be sure to alert your BCC coordinator to any significant increases or decreases in your attendance numbers (10 or more).
- Identify any items whose quantities should be reduced and provide information on the requested adjustments.
- Keep enough supplies on hand for about two meals using unperishable items (e.g., cereal) so you can adjust when the unexpected occurs (increased enrolment, storm days, delivery issues, etc.).
- Before a longer holiday period, remember to notify your milk delivery service, adjust your order accordingly and suspend service until the breakfast program resumes.
- **Determine how much food to distribute to each classroom:**
  - Use the menu to note quantities and attendance.
  - Put a menu sheet in each classroom bin for teachers to write down what they need.
  - Ask teachers to write in the required quantities for their classroom using the specially designed ***label*** and stick on the bin.
- **Adjust serving sizes to minimize waste:**
  - For hot breakfasts, the [Single Serving Chart](#) is a helpful guide to calculating serving size for each age group.
  - When serving milk, fill glasses half-full (for younger children) to avoid waste.
  - Any unserved food\* from breakfast (e.g., sliced apples, toasted English muffins) can be served to children at lunch/snack time or during daycare hours.  
***\*Any leftovers containing eggs or cheese must be discarded to avoid the risk of food contamination.***
- Plan a “leftover buffet” when your unserved leftovers reach a certain point. Try to sort items by classroom (i.e., bread for everyone in two classrooms, and breakfast cookies for everyone in three classrooms) to avoid conflicts between classmates.

## FOOD STORAGE

### Fruits and Vegetables

Serve fresh fruit first (e.g., pears), since it has a much shorter shelf life.

### Cheese

Mozzarella and other types of cheese freeze very well. Cut it up into individual servings or grate prior to storing.

### Yogurt

**Yogurt can be frozen prior to the best-before date.** Thaw in the fridge before serving. Place in a large bowl and mix vigorously (for a smoother texture). Then serve in a bowl or glass (rather than in the original packaging with the best-before date to avoid confusion). **Alternatively**, you can make the yogurt available to the entire school and/or daycare community **prior to the best-before date.**



## Eggs

**Raw whole eggs can be frozen.** Simply follow these instructions:

- Crack the eggs and whisk the yolk and white together. Pour into freezer-safe containers, cover and freeze.
- Label the contents, indicating the number of eggs and the date of freezing.
- **Let thaw in the refrigerator overnight** or run until cold water prior to using.
- **Make sure thawed eggs are completely cooked through.**
- **Hard-boiled eggs are not safe to freeze.**

## Bread

Frozen bread and other bakery items can be thawed at room temperature. You can refreeze thawed bread as needed, although this may dry it out.

## Milk (Regular and UHT)

**UNOPENED milk in its original packaging can be kept for up to six weeks in the freezer** without substantially affecting its nutritional value or flavour. Thaw in the refrigerator and whisk if separated. Thawed milk is best suited for cooking rather than drinking.

# FOOD PREPARATION

## Eggs

**Scrambled Egg Omelette:** About 10 eggs mixed with 1 cup of milk. Yields 8 to 9 servings.

- **Electric skillet:** You can prepare the egg mixture the day before and refrigerate in an airtight container. Cook over medium heat to avoid overcooking. Keep warm in the skillet (on the “warm” setting) or a chafing dish.
- **Oven:** Pour the egg mixture into an oven-ready dish (for example a 4” chafing tray) and place in a 350°F/180°C oven until cooked through.

**NOTE:** Never heat up leftover eggs in a chafing dish. Always use a microwave or stove to make sure they reach 145°F/63°C for at least 3 minutes.

**Hard-Boiled Eggs:** Place eggs in a saucepan and cover them with cold water. Cover and bring water to a boil. Remove from heat immediately to stop the water from boiling and let stand for 12 minutes. Drain and run under cold water immediately or leave in the saucepan to let cool. (Incidentally, young hands are a big help in peeling them!)

For more ideas, go to [\*Fédération des producteurs d'oeufs du Québec.\*](#)

## Bread

Bread can be served as is, toasted or heated up. And here’s a trick: the “heels” (the ends of the loaf) are perfectly good for a sandwich, especially if you turn the crusts in!



## Pancakes

Prepare pancake mix as instructed on the package (oil is optional). 1 cup of pancake mix makes about 12 to 14 small pancakes (small ladle).

The eggs and milk in the recommended recipe are an added source of protein. **Here are a few other ideas you may want to try:**

Variation #1	Variation #2	Variation #3
1 cup pancake mix 1 egg ½ cup water ½ cup milk	2 cups pancake mix 1 small (100 ml) container applesauce ¾ cup water ¾ cup milk	2 cups pancake mix 1 banana, mashed ¾ cup water ¾ cup milk

## French Toast

Whisk together 10 eggs with 2 cups of milk, adding more milk as needed if too thick. Dip slices of bread in the mixture, and place on a preheated skillet to cook on both sides. Keep warm in a chafing dish. Drizzle with fruit coulis or maple syrup. French toast can be prepared the day before and stored in the refrigerator overnight covered in plastic wrap. Yields 20 servings.

## Cereal or Muesli Cups

- **Cereal:** Can be poured into a fully opened milk carton or served in a washable bowl. Cereal can also be eaten dry, without milk, or with yogurt.
- **Muesli Cups:** Granola-type cereal is generally paired with yogurt. Children can sprinkle the granola directly into their yogurt. If served in a transparent bowl or glass, layer the two and garnish with a few pieces of fresh fruit for extra pizzazz.

## Breakfast Burritos

Place the equivalent of one omelette-style scrambled egg into the centre of a tortilla, add a slice of mozzarella cheese or a third of a slice of processed cheddar, wrap the sides of the tortilla around the egg and then fold down the ends, one at a time. Warm in a chafing dish, letting the cheese melt. And why not serve with sliced cherry tomatoes to amp up the nutritional value?

**Tip:** For easier handling, make sure the tortillas are fresh or completely thawed before assembly.

- **Prep Option #1:** Cook up one batch of scrambled egg omelette (see above for instructions). Having this ready ahead of time makes assembly a snap and ensures you have just the right quantity of egg in each burrito.
- **Prep Option #2:** Use freshly scrambled eggs instead. Avoid too much stirring while cooking to achieve an omelette-like consistency.

## ADDING VARIETY TO YOUR MENU

### Here are a few ideas to inspire you!

- **Flavoured Water:** Pour water into a pitcher, add sliced fruit and ice cubes. It's a great way to encourage kids to make water their beverage of choice!
- **Smoothies:** Blend frozen yogurt and bananas together with other frozen fruit and other healthy ingredients (WowButter\*, spinach, etc.). Thin as needed with water or milk.
- **Yogurt on a Stick:** Place a craft stick into the centre of a yogurt cup and freeze. Keep frozen until serving.
- \***WowButter** is a soy-based peanut butter alternative (see [\*Managing Food Allergies and Intolerances\*](#) on the [School's corner](#)) that can be used in all sorts of recipes, including:
  - **Banana Boat:** Cut bananas lengthwise, spread with WowButter and sprinkle cereal on top. A lip-smacking breakfast treat!
  - **Breakfast Pops:** In a blender, combine 1 banana, 1 tbsp WowButter, 1 individual serving of yogurt (100 g), frozen, and a splash of milk. Pour into popsicle moulds and freeze.
- **Tortilla Roll-Ups**
  - **Sweet:** Place apple slices and a slice of cheddar or other cheese into a tortilla and roll.
  - **Savory:** Spread hummus onto a tortilla, roll and serve with carrot and/or pepper sticks.
- **Bring on the veggies!:** Slice into bite-sized pieces and serve raw, with or without dip, or work them into a favourite baked good (carrot muffins, zucchini bread, etc.). Try a little sliced cucumber in the classic bagel and cream cheese combo. Let your imagination run wild!
- **Bring on the fruit!:** Add dried or thawed frozen fruit to yogurt, cereal and other dishes.
- **Saucy!:** Make your own apple or pear sauce. Pour into a sealed container and freeze for longer storage.

Recipe:

- 8 cups of apples and/or pears (peeled or unpeeled and thoroughly washed)
- ½ cup water and 1 tbsp lemon juice
- ¼ cup ground cinnamon (optional)
- Cook in a saucepan over medium heat for 15 to 20 minutes, then process in a blender until smooth.

- **Breakfast Pudding with Apples:** A great way to use up any leftover bread.

Recipe inspired by the [\*Fédération des producteurs d'œufs du Québec\*](#):

**Combine:**

- 2 tbsp (30 ml) melted margarine
- 2 medium apples, peeled, cored and diced
- 3 cups (750 ml) cubed pieces of whole-wheat bread



**Whisk together and pour into the first mixture:**

- 4 eggs
- 2 cups (500 ml) milk
- ¼ cup (60 ml) packed brown sugar

**Optional add-ins:**

- ¼ cup (60 ml) raisins or dried cranberries
- 1 tsp (5 ml) vanilla extract
- ½ tsp (2 ml) ground cinnamon

Pour into a 4” chafing tray and bake for 45 to 55 minutes in a 350°F/180°C oven. Cut into 16 squares and serve warm or cold.

**Here are a few more links you’re sure to find interesting:**

- [\*\*12 Recommended Single-Serve Food Items\*\*](#)
- [\*\*Breakfast Club of Canada cookbook\*\*](#)
- [\*\*Tips on Introducing New Foods to Your Program\*\*](#)

Do you have your own nutritious and delicious ideas to share? Let us and the rest of the Breakfast Club of Canada community know! Join our [\*\*Facebook group for BCC volunteers\*\*](#).