

# Easy-to-serve food ideas



Here are some easy-to-serve food ideas for those mornings when time for food preparation is limited. Align your choices with the Breakfast Club's nutrition guidelines: [General guidelines](#) and [detailed guidelines](#). Tip: Using bowls, cups, bags or other individual containers are good alternatives to individually packaged items.

## VEGETABLES & FRUITS



- Fruits: apples, oranges, clementines, bananas, pears, peaches, berries, plum... etc.
- Vegetables: baby carrots, celery, cucumber, cherry tomatoes, bell peppers, broccoli, cauliflower, zucchinis... etc.
- Applesauce or other fruit sauce (unsweetened)
- Fruit cups (not in syrup)
- Dried fruits

## PROTEIN FOODS



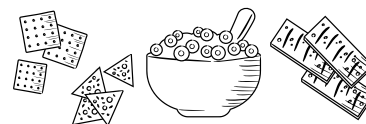
- Yogurt
- Cheese and cheese-string
- Hard-boiled eggs
- Milk or soy milk
- Hummus
- Soy nut butter
- Seeds

## WATER



Make water your breakfast program's drink of choice. Water is important for children's overall health and a great way to quench their thirst and help them stay hydrated.

## WHOLE GRAINS FOODS



### Cereals

Serve whole grain, low sugar (ideally less than 8 g per serving) cereals like:

- Cheerios
- Special K Original
- Life
- Shredded Wheat Original
- Rice Krispies
- All Bran Flakes
- Corn Flakes Original

### Crackers

Serve whole grain choices like:

- Triscuit
- Breton Multigrain
- President's Choice Wheat Square Cracker
- President's Choice Chia & Quinoa Baked Pita Crackers
- Melba Toast 100% Whole Wheat
- Make your own oven baked crackers with pita/tortilla/naan bread!

### Granola Bars

Serve whole grain, low sugar (ideally less than 8g per serving), without chocolate, choices like:

- Kashi Crunchy 7 Grains with Quinoa Bars, Honey Oat Flax
- Nature Valley Crunchy Granola Bars, Oats 'N' Honey
- Nature Valley Crunchy Granola Bars, Apple Crisp
- President's Choice Blue Menu, Berry Blend Chewy Bars
- Made Good, Mixed Berry Granola Bars
- Made Good, Blueberry soft baked bars
- Made Good, Cinnamon bun soft baked bars
- Make your own granola bars:  
[Oaty Chia Breakfast Bars](#)  
[Cranberry & Pumpkin Seed Bars](#)