

MONDAY

Fruits and vegetables

Fresh Fruit

Whole Grains

Whole grain grilled
cheese

Proteins

Cheese slice

TUESDAY

Fruits and vegetables

Fresh Fruit

Whole Grains

Breakfast cookie
(various flavours)

Proteins

Yogurt

WEDNESDAY

Fruits and vegetables

Dried Fruit

Whole Grains

Cereals
(various flavours))

Proteins

Milk

THURSDAY

Fruits and vegetables

Fresh Fruit

Whole Grains

Whole grain Tortillas with
Spreadable cheese
and/or jam

Proteins

Drinkable yogurt

FRIDAY

Fruits and vegetables

Applesauce
(various flavours)

Whole Grains

Toasted whole grain
English muffin

Proteins

Cheese slice

Make water the beverage of choice, every day of the week.

Portions to prepare



Portions to prepare



Portions to prepare



Portions to prepare



Portions to prepare



REMARKS AND SUGGESTIONS

The products offered in the intermediate breakfast are versatile and allow greater flexibility to serve them in various ways. Check out [BCC recipe book](#) to inspire you to cook the many options available to you!

ALTERNATIVE BREAKFAST

WEEK 2

MONDAY

Fruits and vegetables

Fresh vegetable

Whole Grains

Toasted whole grain
bagel and spreadable
cheese

Proteins

Egg

TUESDAY

Fruits and vegetables

Fresh fruit

Whole Grains

Whole grain waffle

Proteins

Milk

WEDNESDAY

Fruits and vegetables

Fresh fruit

Whole Grains

Granola bar
(various flavours)

Proteins

Drinkable yogurt

THURSDAY

Fruits and vegetables

Applesauce
(various flavours)

Whole Grains

Whole grain toast

Proteins

Soy nut butter
(WowButter)

FRIDAY



*Be sure to offer
children 1 food from
each of the three
categories.*

Make water the beverage of choice, every day of the week.

Portions to prepare



Portions to prepare



Portions to prepare



Portions to prepare



Portions to prepare



REMARKS AND SUGGESTIONS

BCC menus have been specially developed to provide, every day of the menu, a variety of flavours and focus on complementary textures. Menus are created to take into consideration the nutritional values of each product and to ensure a balance in the nutrients.