

COLD BREAKFAST

WEEK 1

MONDAY

Fruits and vegetables

Fresh fruit

Whole Grains

Whole grain Melba toast
and spreadable cheese

Proteins

Toasted soya beans &
pumpkin seeds

TUESDAY

Fruits and vegetables

Applesauce
(various flavours)

Whole Grains

Breakfast cookie
(various flavours)

Proteins

Drinkable yogurt

WEDNESDAY

Fruits and vegetables

Fresh fruit

Whole Grains

Granolas
(various flavours)

Proteins

Cheese

THURSDAY

Fruits and vegetables

Fresh vegetable

Whole Grains

Granola bar
(various flavours)

Proteins

Yogurt

FRIDAY

Fruits and vegetables

Fresh fruit

Whole Grains

Cereals
(various flavours)

Proteins

Milk

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

Portions to prepare



Portions to prepare



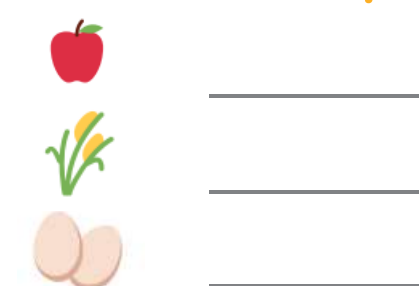
Portions to prepare



Portions to prepare



Portions to prepare



REMARKS AND SUGGESTIONS

Provide a full breakfast every day with one product from each of the 3 categories. Remember that students are in the best position to determine how much they need to satisfy their appetite, based on the products available.

MONDAY

Fruits and vegetables

Fresh fruit

Whole Grains

Granola bar
(various flavours)

Proteins

Drinkable yogurt

TUESDAY

Fruits and vegetables

Appelsauce
(various flavours)

Whole Grains

Whole grain Melba
toast

Proteins

Soy nut butter
(WowButter)

WEDNESDAY

Fruits and vegetables

Fresh fruit

Whole Grains

Whole grain bread
and jam

Proteins

Egg

THURSDAY

Fruits and vegetables

Dried fruit

Whole Grains

Cereals
(various flavours)

Proteins

Milk

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 intended 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.