

ECO FRIENDLY HOT BREAKFAST

WEEK 1

MONDAY

Fruits and vegetables

Fresh fruit

Whole Grains

Whole grain grilled
cheese

Proteins

Cheese slice

TUESDAY

Fruits and vegetables

Fresh fruit

Whole Grains

Toasted whole grain
english muffin

Proteins

Egg and/or cheese
slice

WEDNESDAY

Fruits and vegetables

Fresh fruit

Whole Grains

Cereals and raisin
bread Toast

Proteins

Cheese

THURSDAY

Fruits and vegetables

Dried fruits

Whole Grains

Pancakes

Proteins

Yogurt

FRIDAY

Fruits and vegetables

Fresh vegetable

Whole Grains

Toasted whole grain
bagel and spreadable
cheese

Proteins

Milk

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

Portions to prepare



Portions to prepare



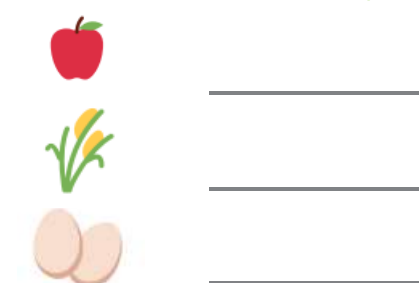
Portions to prepare



Portions to prepare



Portions to prepare



REMARKS AND SUGGESTIONS

The products offered in the Eco friendly hot 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!

Last updated: August 2023


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Fruits and vegetables Applesauce (various flavours) Whole Grains Oatmeal and raisin bread toast Proteins Drinkable yogurt	Fruits and vegetables Fresh fruit Whole Grains Whole grain waffle Proteins Milk	Fruits and vegetables Fresh fruit Whole Grains Whole grain tortillas Proteins Egg and/or cheese slice	Fruits and vegetables Fresh vegetable Whole Grains Whole grain toast Proteins Soy nut butter (WowButter)	 <i>Be sure to offer children 1 food from each of the three categories.</i>
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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  _____  _____  _____
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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.