ECO FRIENDLY HOT BREAKFAST
WEEK 1

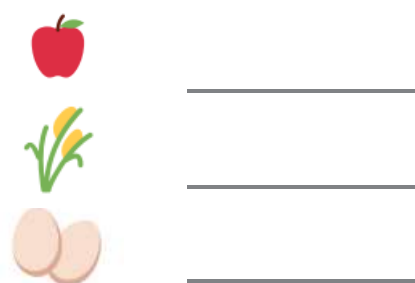| MONDAY	TUESDAY	WEDNESDAY	THURSDAY	MFRIDAY
Fruits and vegetables	**Fruits and vegetables**	**Fruits and vegetables**	**Fruits and vegetables**	**Fruits and vegetables**
Fresh fruit	Fresh fruit	Fresh fruit	Dried fruits	Fresh vegetable
Whole Grains	**Whole Grains**	**Whole Grains**	**Whole Grains**	**Whole Grains**
Whole grain grilled cheese	Toasted whole grain english muffin	Cereals and raisin bread Toast	Pancakes	Toasted whole grain bagel and spreadable cheese
Proteins	**Proteins**	**Proteins**	**Proteins**	**Proteins**
Cheese slice	Egg and/or mozzarella cheese	Cheese	Yogurt	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
🍎 _____ 🌾 _____ 🥚 _____	🍎 _____ 🌾 _____ 🥚 _____	🍎 _____ 🌾 _____ 🥚 _____	🍎 _____ 🌾 _____ 🥚 _____	🍎 _____ 🌾 _____ 🥚 _____
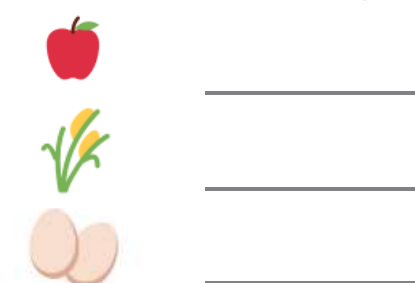
REMARKS AND SUGGESTIONS
The products offered in the Eco friendly hot breakfast are versatile and allow greater flexibility to serve them in various ways. Check out BCC recipe book to inspire you to cook the many options available to you!

ECO FRIENDLY HOT BREAKFAST
WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruits and vegetables Applesauce (various flavours)	**Fruits and vegetables** Fresh fruit	**Fruits and vegetables** Fresh fruit	**Fruits and vegetables** Fresh vegetable	**MIX & MATCH MENU**
Whole Grains Oatmeal and raisin bread toast	**Whole Grains** Whole grain waffle	**Whole Grains** Whole grain tortillas	**Whole Grains** Whole grain toast	*Be sure to offer children 1 food from each of the three categories.*
Proteins Drinkable yogurt	**Proteins** Milk	**Proteins** Egg and/or mozzarella cheese	**Proteins** Soy nut butter (WowButter)	

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.