



Breakfast Menu Ideas

Why Eat Breakfast?

Breakfast is a very important meal for many reasons:

1. The body has been fasting all night and needs energy for the brain to be able to concentrate at work and at school.
2. Breakfast is the meal which is often the easiest to include fibre. A lot of people do not get enough fibre. Fibre has many benefits including:

- Making you feel full
- Promoting bowel health
- Preventing some cancers
- Lowering cholesterol

Include fibre by:

- Choosing whole grain breads/ bagels/english muffins/waffles
- Choosing high fibre cereals
- Adding flax seed, wheat germ or high fibre cereals to yogurt
- Choosing whole fruit instead of juice more often



Sample Breakfast Menu

Day	Week 1	Week 2
Monday	<ul style="list-style-type: none"> • Cheerios* • Milk • Orange** 	<ul style="list-style-type: none"> • Waffle • Yogurt tube • 100% orange juice
Tuesday	<ul style="list-style-type: none"> • Whole wheat toast • Cheese slice • 100% orange juice 	<ul style="list-style-type: none"> • Shreddies* • Milk • Canned fruit in juice
Wednesday	<ul style="list-style-type: none"> • Oatmeal • Milk • Melon chunks** 	<ul style="list-style-type: none"> • ½ whole wheat bagel • Apple** • Milk
Thursday	<ul style="list-style-type: none"> • Whole wheat english muffin with jam • 100% apple juice • Boiled egg 	<ul style="list-style-type: none"> • Whole wheat english muffin • Hard cheddar cheese • 100% apple juice
Friday	<ul style="list-style-type: none"> • Shreddies* • Milk • Canned fruit in juice 	<ul style="list-style-type: none"> • Fresh fruit cup • Yogurt • Corn bran squares*

*Any cereal that fits the School Food Guidelines

**Any fruit (frozen, fresh, or canned in juice or water)

- To ensure you are eating or serving a balanced breakfast, include at least three of the four food groups from Canada's Food Guide
- Students of different ages require different portion sizes. If a student is still hungry after one serving they may have a second.
- **Ensure you are familiar with any food allergies in your school**

Don't forget the new school food guidelines when choosing a menu for your breakfast club:

<http://www.livinghealthyschools.com>