

# 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. Like a car needs gas to run its engine, humans need food to fuel their body and mind.
2. Breakfast is the meal which is often the easiest to include fiber. A lot of people do not get enough fiber. Fiber has many benefits including:
  - Making you feel full
  - Promoting bowel health
  - Preventing some cancers
  - Lowering cholesterol

Include fiber by:

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



## Sample Breakfast Menus

Day	Breakfast Suggestions
Monday	Cheerios* Milk Orange**
Tuesday	Whole wheat toast Cheese slice 100% unsweetened orange juice
Wednesday	Oatmeal Milk Kiwi**
Thursday	Whole wheat English muffin with jam 100% unsweetened apple juice Boiled egg
Friday	Shreddies* Milk Canned fruit in juice

\*Any cereal that fits the School Food Guidelines

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

**Notes:** All of these sample breakfasts include three of the food groups from Canada's Food Guide. This is a good way to ensure you are eating or serving a balanced breakfast.

Students of different ages will require different portion sizes. If a student is still hungry after one serving they may have a second. Encourage variety.

Don't forget the new School Food Guidelines when choosing a menu for your breakfast club!!

<http://www.livinghealthyschools.com/>