

## WHY EAT BREAKFAST

Breakfast is the most important meal of the day 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 and 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

## SAMPLE BREAKFAST MENU

Day	Week 1	Week 2
Monday	<ul style="list-style-type: none"> <li>• Cheerios*</li> <li>• Milk</li> <li>• Orange**</li> </ul>	<ul style="list-style-type: none"> <li>• Waffle</li> <li>• Yogurt tube</li> <li>• Banana**</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>• Whole wheat toast</li> <li>• Hard cheddar cheese</li> <li>• Apple slices**</li> </ul>	<ul style="list-style-type: none"> <li>• Shreddies*</li> <li>• Milk</li> <li>• Canned fruit in juice</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Milk</li> <li>• Melon chunks**</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 whole wheat bagel</li> <li>• Apple**</li> <li>• Milk</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>• Whole wheat English muffin with jam</li> <li>• Strawberries**</li> <li>• Boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Whole wheat English muffin</li> <li>• Hard cheddar cheese</li> <li>• Blueberries**</li> </ul>
Friday	<ul style="list-style-type: none"> <li>• Shreddies*</li> <li>• Milk</li> <li>• Canned fruit in juice</li> </ul>	<ul style="list-style-type: none"> <li>• Multigrain Cheerios*</li> <li>• Yogurt</li> <li>• Fresh fruit cup</li> </ul>

\*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 a healthy whole grain, fruit/veggie, and protein choice (i.e. milk, cheese, yogurt)
- If a student is still hungry after one serving, please offer more.
- Ensure you are familiar with any food allergies in your school.

