

Sample Breakfast & Morning Meal Menus

Student Nutrition Programs

*Servings shown below are for one student.

For more help with menu planning and serving sizes, please see the SNP Nutrition Standard and Canada's Food Guide.

Always have tap water available.

A meal has at least 3 full servings

- ✓ 1 serving from Vegetables and Fruit group
- ✓ 1 serving from Grain Products group
- ✓ 1 serving from Milk and Alternatives group



2013

	Week 1	Week 2	Week 3
Monday	<p><u>Oatmeal with Apples and Milk</u></p> <p>125 mL Oatmeal 1/2 cup 125 mL Apples, chopped 1/2 cup 250 mL Milk 1 cup</p>	<p><u>Whole Grain Cereal and Banana</u></p> <p>30 g Whole grain cereal 1/2 - 1 cup 1 med Banana 1 250 mL Milk 1 cup</p>	<p><u>Whole Grain Bagel, Orange and Yogurt</u></p> <p>1/2 Whole grain bagel 1/2 1 Orange 1 175 mL Yogurt 3/4 cup</p>
Tuesday	<p><u>Whole Wheat French Toast and Berries</u></p> <p>1 slice Whole wheat French toast 1 125 mL Berries / seasonal fruit 1/2 cup 250 mL Milk 1 cup 15 mL Syrup 1 tbsp</p>	<p><u>English Muffin Pizza and Cantaloupe</u></p> <p>1/2 - 1 Whole wheat English muffin 1/2 - 1 30 mL Tomato sauce 2 tbsp 50 g Cheese 1 1/2 oz 125 mL Cantaloupe 1/2 cup</p>	<p><u>Whole Wheat Pancakes and Honeydew</u></p> <p>1 Whole wheat pancake 1 125 mL Honeydew melon slices 1/2 cup 250 mL Milk 1 cup 15 mL Syrup 1 tbsp</p>
Wednesday	<p><u>Fancy Fruit Kabobs and Crackers</u></p> <p>30 g Whole wheat crackers 6 - 10 125 mL Fruit chunks (~5-8 pieces) 1/2 cup 50 g Cheddar (~3-4 cubes) 1 1/2 oz</p> <p>* tip: alternate fruit and cheese pieces on a skewer</p>	<p><u>Parfait</u></p> <p>30 g Nut-free, low fat granola 1/3 cup 125 mL Fresh fruit 1/2 cup 175 mL Yogurt 3/4 cup</p>	<p><u>Cheesy Vegetable Wrap</u></p> <p>1/2 large Whole wheat tortilla 1/2 60 ml Peppers (diced) 1/4 cup 60 ml Corn (frozen, thawed) 1/4 cup 50 g Cheese (shredded) 1 1/2 oz</p>
Thursday	<p><u>Muffin, Fruit and Yogurt</u></p> <p>1 small Whole wheat carrot muffin 1 1 med Nectarine 1 175 mL Yogurt 3/4 cup</p>	<p><u>Banana Bread with Fruit and Milk</u></p> <p>30 g Whole wheat banana bread 1 piece 125 mL Watermelon 1/2 cup 250 mL Milk 1 cup</p>	<p><u>Breakfast Pita, Fruit and Yogurt</u></p> <p>30 g Whole grain breakfast pita 1/2 - 1 125 mL Fruit salad 1/2 cup 175 mL Yogurt 3/4 cup</p>
Friday	<p><u>Grilled Cheese, Fruit and Milk</u></p> <p>1 slice Whole grain bread 1 1 slice Processed cheese 1 15 mL Non-hydrogenated margarine 1 tbsp 125 mL Milk 1/2 cup 1 med Apple 1</p>	<p><u>Cheese and Pear Quesadilla</u></p> <p>1 small Whole wheat tortilla 1 125 mL Pear, sliced 1/2 cup 50 g Cheese (shredded) 1 1/2 oz</p>	<p><u>Polenta, Berries and Milk</u></p> <p>125 mL Polenta 1/2 cup 125 mL Berries (seasonally) 1/2 cup 250 mL Chocolate milk 1 cup</p>