

HOT AND COLD CEREALS

can be eaten on their own, used in baking and added to fresh recipes like parfaits.

WE'VE PUT TOGETHER A LIST OF EASY-TO-FIND CEREALS THAT FIT THE MB SCHOOL NUTRITION GUIDELINES:

Breakfast Cereals

- **All-Bran** (Flakes, Multi-Grain Crunch) - Kellogg's
- **Cheerios** (Original, Multigrain) - General Mills
- **Chex** (Regular, Chocolate, Cinnamon, Blueberry) - General Mills
- **Honey Almond Granola** (Club pack) - no name
- **Wheat Squares** - President's Choice
- **Life** (Original) - Quaker
- **Muffets** (Shredded Wheat) - Quaker
- **Oatmeal Squares** (Original) - Quaker
- **Puffed Wheat** (Original) - Quaker
- **Shredded Wheat** (Big Biscuit, Original/ Wheat + bran spoon size, Dark chocolate) - Post

Oatmeal

Rolled and Quick Oats - the best option as they require a shorter cooking time. Enhance the flavour with your choice of add-ins (see side column).

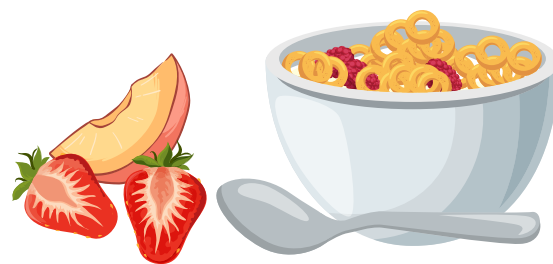
Steel Cut Oats - the least processed but require the longest cooking time.

Flavoured Oatmeal Packages - Check the label. Often contain higher amounts of sugar, salt and sugar substitutes.

Homemade Oatmeal Packets

Make to serve right away or keep as a "grab and go" for older students.

- 1) mix 1/4 cup of plain oats with your choice of non perishable add-ins.
- 2) add 1/2 cup of boiling water. Let sit for 1-2 minutes, stir and serve OR add 1/2 cup of cold water. Microwave for 1 minute, stir and serve.



BREAKFAST PROGRAM GUIDELINES:

✓ To increase variety, consider offering different types of breakfast cereal, including hot cereal.

READING LABELS:

Cereals should contain a whole grain as the first ingredient. Examples of whole grains include whole wheat, brown rice, and oats.

TO BOOST NUTRITION & FLAVOUR, ADD-IN:

- Dried or fresh fruits - such as: blueberries, bananas, apples, pineapple, raisins, or coconut.
- Yogurt
- Nut/seed butters
- Cinnamon
- Ginger
- Seeds - such as chia, flax, pumpkin, hemp, or sunflower
- Oat bran