


3 Week BREAKFAST Menu

Sample ideas for breakfast programs from breakfast programs.

When planning meals, aim for a variety of healthy foods from Canada's Food Guide, including at least one vegetable or fruit, one whole grain food and one protein food.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	yogurt parfait with frozen berries, pumpkin or peaches with granola topping	egg and cheese breakfast quesadilla and raw vegetable platter	hot cereal and milk served with a variety of dried fruit, fresh fruit and spice toppings	raw sliced peppers and mini carrots with whole grain toast and scrambled eggs	baked cinnamon blueberry oatmeal and milk
Week 2	whole grain pasta with tomato sauce and milk	whole grain toast, yogurt cup and pear 	toasted whole grain bagel with sliced cucumber and milk	apples served with sunflower seed butter and cereal	mini omelet muffin made with egg and diced vegetables (onion, peppers and/or spinach), whole grain toast and milk
Week 3	cereal, mandarin orange, and milk	warm baked beans, whole grain toast, cherry tomatoes and milk	boiled egg, toasted whole grain bagel and peach cup	toasted tomato sandwich and sliced hard cheese	breakfast trail mix made with whole grain cereal, dried fruit, and almonds

For more information about foods for students check [Moving Forward with Manitoba School Nutrition Guidelines](#). The Guidelines have checklists to help you organize and make effective decisions when choosing foods. Pages 7-9, and 27-32 are written specifically for breakfast, snack and lunch programs.