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| **Morning meal (Grab and go) breakfast ideas** | | | | | |
| Week 1 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Whole wheat pita, stringable cheese & fruit | [Dry whole grain cereal trail mix](http://foodforlearning.com/wp-content/uploads/2012/01/Cereal-Trail-Mix.pdf)\*, yogurt & fruit | Whole wheat bagel sandwich with processed cheese slice & vegetables | Whole grain toast and cheese sandwich, yogurt tub & fruit | [Egg and cheese muffin](http://foodforlearning.com/wp-content/uploads/2012/01/Egg-and-Cheese-Muffin.pdf)\*& vegetables |
| **Vegetables and Fruit** | 1 apple | 1 Clementine or Mandarin orange | ½ green pepper, sliced; 2-3 cherry tomatoes | 1 banana | 4 to 5 baby carrots |
| Packaging |  |  | Sandwich bag |  | Napkin |
| **Grain Products** | Whole wheat pita, sliced | ¾ cups of dry whole grain assorted cereals | ½ a whole wheat bagel | ½ whole grain bread, toasted |  |
| Packaging | Sandwich bag | Sandwich bag | Napkin | Napkin |  |
| **Milk and Alternatives** | 1 stringable cheese | yogurt, ¾ cups, 175 mL | 2 processed cheese slices | Cheese, 50 g, (1 ½ oz.) | Grated cheese |
| Packaging |  | spoons |  |  |  |
| **Meat and Alternative** |  |  |  |  | Egg |

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| **Morning meal (Grab and go) breakfast ideas** | | | | | |
| Week 2 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Mini pitas, cheese & vegetables | Whole wheat bagel, yogurt & fruit | [Simple banana bran muffin](http://foodforlearning.com/wp-content/uploads/2012/01/Simple-Banana-Bran-Muffin.pdf)\*, yogurt & fruit | Whole wheat Melba toast, stringable cheese & vegetables | Bagel with melted marble cheese & fruit |
| **Vegetables and Fruit** | 2 baby carrots; 3 cucumber slices | 6-10 grapes | 1 apple | 5-6 cucumbers slices | 1 Clementine or Mandarin orange |
| Packaging | Sandwich bag | Paper cups or sandwich bag |  | Napkin or sandwich bags |  |
| **Grain Products** | 3 whole wheat mini pita | whole wheat bagel with one condiment | 1 [Simple banana bran muffin](http://foodforlearning.com/wp-content/uploads/2012/01/Simple-Banana-Bran-Muffin.pdf)\* | 2 whole wheat Melba toast | ½ whole wheat bagel |
| Packaging | Sandwich bag | Napkin | Napkin | Sandwich bag | Sandwich bag |
| **Milk and Alternatives** | Cheese slices, 50 g (1 ½ oz.) | yogurt, 175 mL, ¾ cup | yogurt,175 mL, ¾ cup | 1 stringable cheese | Marble cheese, 50 g, (1 ½ oz.) |
| Packaging |  | spoons | spoons |  |  |
| **Meat and Alternatives** |  |  |  |  |  |

## \*Click to see recipe.

## Tips for preparing a menu for a morning meal (Grab and go) program

* Offer one serving from at least three out of four food groups *from Eating Well with Canada’s Food Guide* with one serving from the Vegetable and Fruit food group and one serving from the Milk and Alternative food group.
* To create variety offer different foods each day. For example, Monday’s breakfast menu includes an apple, whole wheat pita and cheese. Tuesday’s breakfast includes a Clementine orange, dry cereal and yogurt.

**Note: The menus and recipes displayed are examples and do not have to be prepared for morning meal (grab and go) programs.**