



MENU PLAN

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Ideas	Grilled cheese sandwich on whole grain bread Orange wedges ½ cup (125 mL) of milk	¾ cup (175 mL) cooked oatmeal ¼ cup (60 mL) dried apricots and raisins 1 cup (250 mL) milk	<u>Snickerdoodle French Toast*</u> ¾ cup (175 mL) fruit yogurt 1 small banana water	<u>Carrot Oatmeal Muffins*</u> 1 ½ oz (50g) Cheddar cheese cubes ½ cup (125 mL) apple juice	Toasted whole grain English muffin 1 poached egg Carrot & celery sticks ½ cup (125 mL) orange juice
Food Group Contribution	1 Milk & A; 2 GP; 1 V&F	1 Milk & A; 1 GP; 1 V&F	1 Milk & A; 1-2 GP; 1 V&F	1 Milk & A; 1-2 GP; 1 V&F	1 Meat & A; 2 GP; 2 V&F

* Visit http://www.breakfastforlearning.ca/en/services_information/resources/recipes/index.php to get recipes for these delicious, nutritious menu suggestions.

V&F= Vegetables and Fruit

GP= Grain Products

Milk &A= Milk and Alternatives

Meat & A= Meat and Alternatives

O&F= Oils and Fats