



**BREAKFAST FOR
LEARNING**

MENU PLAN
Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal ideas	Egg Salad Sandwich on whole grain bread Carrot and celery sticks with dip 1 cup (250 mL) milk	<u>Chicken Pita with Tahina sauce*</u> Green salad with dressing An apple 1 cup (250 mL) milk	Spaghetti and Meatballs Raw vegetables and dip 1 cup (250 mL) milk	Bean Chili Brown rice Fruit salad 1 cup (250 mL) milk	Vegetarian pizza on whole wheat crust Fruit yogurt ½ cup(125 mL) 100% pineapple juice
Food Group Contribution	½ Meat &A; 2 GP; 1V&F; 1 Milk & A	1 Meat & A; 2 GP; 2 V&F; 1 Milk& A	1 Meat & A; 2 GP; 1 V&F; 1 Milk &A	1 Meat & A; 2 GP; 1 V&F; 1 Milk & A	1 ½ Milk & A; 2 GP; 1 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