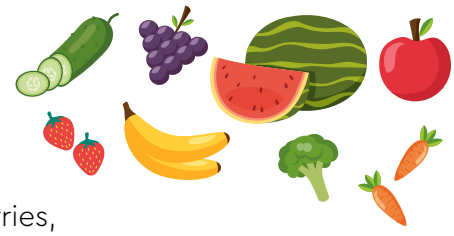
Easy-to-serve food ideas

Here are some easy-to-serve food ideas for those mornings when time for meal preparation is limited. Make sure your choices align with Breakfast Club of Canada's Nutrition Guidelines, available in the Nutrition section of the School's Corner.

Green tip: Reusable bowls, cups, bags or other individual containers are good alternatives to single-serve items.

FRUITS AND VEGETABLES



- Fruits: apples, grapes, oranges, clementines, kiwis, pineapple, cantaloupe, papaya, bananas, pears, peaches, berries (blueberries, Saskatoon berries, blackberries, raspberries, strawberries, etc.), ground cherries, watermelon, plums, mango, figs, persimmons, honeydew melon, lychee, etc.
- Vegetables: carrots, celery, mini cucumber, cherry tomatoes, peppers, mushrooms, broccoli, cauliflower, zucchini, snap peas, baby corn, snow peas, etc.
- Applesauce or fruit compote (unsweetened)
- Fruit cups (not in syrup)
- Dried fruits (unsweetened)

PROTEIN FOODS



- Low sugar yogurt, greek yogurt or drinkable yogurt (e.g. Danino)
- Cheese (e.g. Babybel, Cracker Barrel, Black Diamond Ficello, etc.)
- Hard-boiled eggs
- Milk or fortified soy beverages
- Homemade or store-bought hummus (e.g. Fontaine Santé mini hummus)
- Soy nut butter (e.g. Wowbutter)
- Seeds (pumpkin, sunflower, etc.)
- Homemade or store-bought roasted chickpeas or edamame beans (e.g. Go Beanz, Three Farmers, etc.)
- Cottage Cheese
- Edamame, steamed or dry-roasted

Last updated: July 2026

Easy-to-serve food ideas

Breakfast CLUB of Canada

WHOLE-GRAIN FOODS



Cereals

Serve whole-grain, low-sugar (ideally less than 8 g per serving) cereals like:

- Cheerios (Original or Multi Grain)
- Shredded Wheat Original Spoon Size
- All Bran Flakes, Buds or Original
- Kashi Organic Autumn Wheat Cereal
- Quaker Oatmeal Squares
- PC Organics Organic Ancient Grains Cereal
- Mini Wheats Low Sugar
- Nature's Path Honey'd Corn Flakes Cereal

Crackers

Serve whole-grain choices like:

- Triscuit Original, Low sodium or minis
- Ryvita Rye Crispbread Multi-Grain
- PC Chia & Quinoa Baked Pita Crackers
- PC Multigrain baked pita crackers
- Breton bites crackers veggies
- Melba Toast Whole Grain
- Make your own oven-baked crackers using pita, naan or tortillas

Bread

Serve whole-grain options aiming for low sodium:

- Whole wheat options: bread, tortilla, english muffin, raisin bread, pita, bagels, etc.

Granola Bars

Serve whole-grain, low-sugar (ideally less than 8 g per serving) granola bars without chocolate, such as:

- Nature Valley Lunch Box (Mixed berry)
- PC Blue Menu Berry Blend Chewy Bars
- MadeGood Granola Bars (Strawberry, Mixed Berry)
- MadeGood Mornings Soft Baked Bars (Blueberry, Cinnamon Bun)
- KIND Healthy Grains Bars (Oats & Honey with Toasted Coconut, Vanilla Blueberry)
- Make your own granola bars. Discover our recipes in the Nutrition section of the School's Corner.