Menus for Every Program Model

BREAKFAST PROGRAM TOOLKIT

Simple Cold Menu

Simple Cold Menu
This menu can work easily for classroom bins and refill stations as the items offered require little preparation. It can be made more cost-effective by portioning items on-site rather than purchasing pre-packaged items.

Make-Ahead Menu

Make-Ahead Menu with Minimal Cooking
This menu features some items that require a bit of cooking or preparation beforehand so that minimal preparation is needed during program delivery. The final foods are hot or cold and easily portioned, making this menu a good fit for any delivery model.

Prepared Cold Menu

Prepared Cold Menu
This menu works well for programs that have some time for food preparation. It offers more variety than the simple cold menu by starting to combine multiple food categories into each item. This menu doesn't require any cooking.

Hot Service Menu

Hot Service Menu
This menu is excellent for programs that can cook or offer hot foods often. This menu is easiest to use with a sit-down model but can be adapted for other delivery methods.

You can mix and match menu suggestions from each planner to suit your needs!

Sample Planner – Simple Cold Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Fruit cup in water & Cheese & Whole wheat crackers	**Menu** Banana & Yogurt & Granola Bar	**Menu** Carrot and celery sticks & Hummus & Whole wheat crackers	**Menu** Unsweetened applesauce & Hard-boiled egg & Granola bar	**Menu** Orange & Cheese & Whole Wheat Melba Toast

Make water the beverage of choice, every day of the week.

NOTES & SUGGESTIONS

Each menu includes a portion of (a) vegetables or fruit, (b) protein and (c) whole grains. Costs can be reduced by packaging items yourself. For example, slicing large blocks of cheese or boiling eggs can be more budget-friendly than purchasing them individually pre-packaged.

Sample Planner – Prepared Cold Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Whole wheat bagel with cream cheese & Carrot sticks and sliced cucumbers	**Menu** No-Bake Breakfast Cookies & Fresh fruits	**Menu** Pita pockets filled with carrot and celery sticks & Homemade Hummus	**Menu** Cranberry and Pumpkin Seed Bar & Fresh fruits	**Menu** *"Ants on a log":* celery with soy nut butter and raisins & Whole wheat crackers

Make water the beverage of choice, every day of the week.

NOTES & SUGGESTIONS

Make the most of your ingredients: Leftover vegetables and fruits from early in the week can be used as ingredients for menu items later in the week. Vegetables can be used to stuff the pita pockets, and fresh fruits can be added to yogurts.

Sample Planner – Make Ahead/Minimal Cooking Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Cheese & Veggie Egg Cups & Whole wheat toast	Menu Apple Cinnamon Overnight Oats & Yogurt	Menu Spinach Morning Muffins & Cheese	Menu Breakfast Energy Balls & Yogurt and fruits	Menu Breakfast Burritos

Make water the beverage of choice, every day of the week.

NOTES & SUGGESTIONS

Each main menu item can be premade and refrigerated or frozen until served. Find more make ahead meals in our **Recipe Book**.

If you have a foods class or adult volunteers, they can make many of the items for the entire week in one or two shifts! Each main item includes at least 2 food categories, and you can include more vegetables & fruits, whole grains, and proteins by offering easy sides.

Sample Planner – Hot Service Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Berry Oatmeal Bake & Top with yogurt	Menu Breakfast quesadillas & Fresh fruits	Menu Mini Pancake Poppers & Berries	Menu Mini Breakfast Pizzas	Menu Breakfast sandwiches

Make water the beverage of choice, every day of the week.

NOTES & SUGGESTIONS

You can easily substitute students' favourite vegetables, fruits, and grains in each recipe, and use other lean or plant-based proteins in place of eggs. For example, try the breakfast sandwiches using Bannock, baked biscuits, or naan instead of English muffins.