

# Breakfast Program 2023-2024

**Breakfast starts week of September 11, 2023**

**Doors open: 7:55 a.m. – 8:15 a.m.**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Grilled Cheese*</b>	<b>Scrambled Egg on whole wheat English Muffin*</b>	<b>Pancakes with added wheat bran*</b>	<b>Pizza on Whole Wheat English Muffin*</b>	<b>Scrambled Eggs, Whole Wheat Bread*</b>
50 g cheese 2 slices whole wheat bread**	1 egg ½ Toasted English muffin** Optional: with cheese	1 whole grain pancake syrup	½ English muffin** 50 g cheese ½ cup tomato sauce Orange or apple juice	2 eggs ½ whole wheat toast**

\*in addition to the regular menu, white milk & water are always available, as are 3 fresh fruits plus approved cereals (Rice Krispies, Cornflakes, Cheerios and Shreddies)

\*\*all grain products served meet a minimum of 2 stars (out of 3) of the Guiding Stars program. For more information see [www.guidingstars.ca](http://www.guidingstars.ca)

***We do our very best to stick to this schedule, but please understand that sometimes supply issues may require us to move items to a different day, or occasionally repeat one of the menus in any given week.  
Thank you for your anticipated understanding!***