



SCHOOL DISTRICT 91 (NECHAKO LAKES) BREAKFAST MENU EXAMPLES

FRUIT AND MILK (COW AND LACTOSE FREE) WILL BE AVAILABLE DAILY

SAMPLE MENU

ALLERGENS

1

Yogurt

Cereal (choice of: Cheerios, Honey Nut Cheerios, Corn Flakes)

Granola (local BC) - Gluten Free and Nut Free



(in cereal)

2

Boiled Egg

Cereal (choice of: Cheerios, Honey Nut Cheerios, Corn Flakes)

Rice Cake with spread (Peanut Butter, WOW butter, jam)



(in cereal)

Note: Peanut butter will only be provided to schools where it is safe. It will not be at nut-free schools.

3

Breakfast Trail Mix (mix of cereal, seeds, dried fruit)

Oatmeal



(in cereal)

4

Cheese Portion

Cereal (choice of: Cheerios, Honey Nut Cheerios, Corn Flakes)

Bagel with choice of spread (Peanut Butter, WOW butter, jam, cream cheese)



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5

Boiled Eggs

Cereal (choice of: Cheerios, Honey Nut Cheerios, Corn Flakes)

Savory bun or baked good



(in cereal)

Note: some schools offer a community breakfast. This is a partnership with the school and community members, for example PAC or Fort St James medical centre. On these days, breakfast sandwiches, pancakes or waffles may be offered.

