

GLOSSARY OF MENU ITEMS

The *Single Serving Chart* is a good guide for your team to know the right quantities to serve to the children.

Fruits, cheese and menus without syrup or omelettes may be served directly on the place mat. Otherwise, washable plates shall be used.

BAGELS AND JAM OR CREAM CHEESE

Spread margarine lightly on bagels when they come out of the toaster and put them on the warming tray. Serve with two choices of jam.

When the menu specifies *bagels with cream cheese*, place the bagels in the toaster and put them on the warming tray when they're done. Put cream cheese in small cups. The child will be responsible for putting the cream cheese on their own bagel. You can also prepare a few bagels with margarine for children who usually eat them plain or with jam.

You can offer a combination of two spreads (cream cheese and jam). One portion of cream cheese for half a bagel corresponds to a small cup (about 25 g). One 400g container of cream cheese contains 16 portions.

WAFFLES

Place the waffles in the toaster and put them on the warming tray when they're done. Don't put margarine on them. When ready to serve them, add a small amount of syrup or fruit sauce. If you prefer, prepare little cups of syrup (maximum of one little cup per waffle).

TOAST

Place the bread slices in the toaster and once they are done, spread a very light amount of margarine on them and put the toasts on the warming tray. Serve with two choices of jam.

MOZZARELLA CHEESE

The mozzarella cheese is delivered in a 2.3 kg package which equals 128 slices.

When serving a breakfast of waffles, pancakes, French toast or toast, offer a slice of mozzarella (cut with the cheese cutter, or 3 cubes, or 2 strips (a strip = 1 slice cut in two lengthwise)).

YELLOW CHEESE

Yellow cheese comes in a 2 kg package. Follow the steps to cut the cheese block into 4 sections. Simply pack the 4 sections individually with plastic wrap.

CEREAL AND TOASTS OR MUESLI CUPS AND TOASTS

These menu items are served with toast and it is recommended to alternate them on the menu:

1-week cereal and toast and 1-week muesli cup and toast.

Children can take one toast with each portion of cereal or two if he/she only takes toasts. Less amount of toasted bread should be prepared than the regular menu of toasts (start by preparing 1/3 of the quantity and toast additional bread as needed).

Pour cereal into the bowls (MAPAQ guidelines state that once cereal has been served in bowls, it should

not be put back in the bag or cereal container if it is not eaten.)

When serving, add a small amount of milk. A selection of cereals is offered to the children.

Muesli cups are served with yogurt or milk.

- Put yogurt in individual bowls, add the granola cereal on top and garnish with a few pieces of fruit
- OR
- In a clear glass, make layers of yogurt and cereal, then garnish it with a few pieces of fruit

GRILLED CHEESE SANDWICHES

Put a slice of cheese between two slices of bread. Then spread margarine on the outside of each slice of bread. Put the sandwich on the hot plate and toast lightly on each side. Cut the sandwich in two and put both pieces in the warming tray.

A trick for using bread crust! To use up bread crusts, place the “crust” side on the inside of the sandwich.

CROISSANT – PLAIN OR WITH CHEESE

Split the mini croissant in two and then insert 1/3 slice of yellow cheese. Close the mini croissant and place it on the warming tray. The heat will melt the cheese.

A choice of two jams or spreads is offered with the plain croissants.

FRENCH TOAST

Recommended recipe: 10 eggs for 2 cups of milk. This makes 20 servings. Add a little milk if the mix becomes too thick.

You can prepare the French toast mix the night before, cover it tightly with plastic food wrap and put it in the fridge overnight. In the morning, dip the bread slices in the French toast mix and cook on the hot plate. When both sides are well toasted, place the French toast in the warming tray. When serving, add a drizzle of syrup or fruit puree on the slice of French toast. We calculate one little cup of syrup for each serving of French toast.

ENGLISH MUFFIN WITH JAM, CHEESE OR EGGS AND CHEESE

Cut the English muffins in two and put through the toaster. Spread margarine when they're done.

When they are served plain, offer two types of jam or spread.

When they are served with cheese, put a slice of cheese in the middle of the English muffin and fold the corners. It helps avoid overflows of melted cheese.

For English muffin menu with eggs and cheese, follow the indications above and add a fried or scrambled egg.

Put the English muffins in the warming tray.

For those who don't like English muffins with eggs and/or cheese, you can prepare plain English muffins.

PANCAKES

Use the pancake mix and add water as it indicated on the package. To obtain thinner pancakes, add little more water. When the mix has been prepared, cook pancakes on the hot plate. It is better to make small pancakes (as thin as possible).

Don't use margarine on the hot plate. This way, it won't stick. Bake well the first side before turning it over so the pancakes won't stick.

When serving, add a drizzle of syrup or fruit puree on the pancake. If you want to serve syrup in little cups, use one cup per serving of pancakes.

A package contains enough mix to do 55 pancakes.

SCRAMBLED EGGS AND TOAST

Use about 10 eggs for one cup of milk. Makes 8-9 servings.

Method 1: You can prepare the omelette mix the night before, cover it with plastic food wrap and keep in the fridge. Cook at medium temperature, in the electric frying pan, stirring often. You can either transfer it in the warming tray or leave it in the electric frying pan at warm temperature.

Method 2 (for clubs with access to an oven): Pour the eggs and milk in a warming tray (4 inches or any other suitable pan) and bake them in the oven at 350 °F until they are well baked.

For the preparation of toasts, refer to the method described above.

BURRITOS

(For your information: 1 burritos = 1 egg per serving)

Method 1: Prepare the omelette recipe described above. When the eggs are cooked through, cut the omelette in rectangles as to fit into the burrito. This method has the advantage of being easier to assemble. Everything holds well together and there is less eggs to clean up in the warming tray.

Method 2: Prepare the scrambled eggs recipe. Make sure not to stir the egg mix too much when cooking so that it stays solid like an omelette.

To assemble: put two full tablespoons of eggs in the middle of a tortilla. Add a slice of mozzarella cheese or 1/3 of a slice of orange cheese. Fold in the ends of the tortilla then the sides (one side after the other) and place in the warming tray to melt the cheese.

Smart tip! To roll the tortillas more easily, defrost them at room temperature or in the fridge and then put them in the microwave a few seconds before using.

PRECISION ON COLD MENUS (COLD MENU AND BONIFIED COLD MENU)

Croissants, raisin bread, wheat bread and bagels can be served cold. However, it is better to add cheese or condiments to improve the taste.

Some ideas to improve your cold menu

You can add healthy foods to your menu that you can get with your donation budget.

Here are some examples:

- ✓ Wow Butter: <https://wowbutter.com/>
- ✓ Add vegetables, such as cherry tomatoes, baby carrots, celery, avocado. Accompany them with healthy dips.
- ✓ Add dried fruits.
- ✓ Prepare a pitcher of water and add sliced fruits and ice to encourage children to discover the pleasure of drinking water!

For more efficiency:

- ✓ Cut the mozzarella into individual portions and freeze it.
- ✓ Classroom Menu: It is suggested to put a whole grain bread / raisin bread / bagels / croissants package in the bin per class to reduce food handling.

Recipe ideas

- **Boiled eggs:** Peel the eggs with the children.
- **Rolled tortillas:** 12 sliced apples in a wheat tortilla, a slice of cheddar cheese, roll and enjoy.
- **Frozen fruits:** Add frozen fruits to yogurt or cereals.
- **Banana boat and Wow Butter:** cut the banana lengthwise, spread the *Wow butter* and then cereals.
- **Cucumber:** Add a slice of cucumber to your cream cheese bagel, a healthy treat!
- **Tortilla with carrots and humus:** spread the humus on the tortilla, lay down thin sliced carrots, roll and serve!

For classroom menus, here are some ideas towards a green shift

- Use bulk cereals and add directly to yogurt or milk carton.
- Every child should have their own metal spoon that they use every day.
- Each child should also have their own glass/cup and use milk or juice in 1L or 2L format.
- Encourage all children to bring their own reusable water bottle!

OTHER SPECIFICATIONS ABOUT THE MENU

Every morning, offer the children:

- The prepared menu
- Per meal, offer them one milk product, other than milk (yogurt or cheese)
- Two choices of fresh fruits (cut in small portions)
- Juice (125 ml) can be served once a week
- Milk can be served three times a week, in a plastic glass filled about halfway through to avoid spills.

It is important to serve milk with meals that have maple syrup.

***For children who don't like milk or juice, you can also offer water.
Water shall be served with every meal.***

We serve the same menu to **ALL** children. If they don't like it, offers them the option of a dairy product, fruits and/or a beverage.

Volunteers eat the same menu as the children. We don't prepare a different menu.

Smoothies or fruit **milkshakes** can be served at all times. They are useful for using up frozen yogurt or ripe bananas.

Milk products (milk, yogurt, cheese), juice and cut fruits should be taken out of the fridge right before serving breakfast.

It's essential to serve the menus as indicated and you are not allowed to serve **two menus at the same time except for "leftover day" which can take place once every four weeks or more depending on the case.**

Chocolate milk may be served only four times a year, at special breakfasts of your choice: Halloween, Holiday season, Valentine's Day, Easter and at the last breakfast of the school year. **The coordinator must confirm with the school administration if chocolate milk is allowed on these special occasions.**

All cooking and baking (for example, preparing puree apples) **must be done at the school** with supplies from the Club. It's important to advise the regional coordinator of all projects connected to cooking and baking food. The coordinator must ensure that all foods meet the criteria outlined in the *Politique pour un virage santé à l'école (Going the Healthy Route at School)* in effect in all Quebec school boards since September 2008.

You should always have two backup menus in reserve to help you deal with any unexpected circumstances (increase in numbers of participants, storm, delivery problem, etc.) For this type of menu, plan for dry ingredients such as cereal or pancakes, since they are easy to store.

TIPS TO MAKE FOOD SUPPLIES LAST LONGER

Upon receipt of each order, verify the expiration date on all the food. This will allow you to properly rotate food before storing them. Here are several tips to avoid wasting food and to ensure proper storage over a long break (e.g. holiday period, spring break, etc.)

Bread and bakery products

When there is leftover bread (or any other bakery products), there is no danger in refreezing it even though it has already been frozen. However, it may become drier.

Milk

Before beginning a long break, it's important to advise the dairy delivery and modify the quantity of milk ordered. Milk may be frozen, but it cannot be served to drink once it has been frozen. It can only be used for cooking once it has been frozen. The taste and texture will be too different and less appetizing (before freezing milk, write **FOR COOKING ONLY** on the container.)

Yogurt

We recommend you freeze surplus amounts. After defrosting yogurt, it can be used for smoothies, popsicles, or served in a bowl or in a glass. This will allow you to stir the yogurt (for better appearance after it has been defrosted) and eliminate any confusion that could occur if the children saw the expiration date on the container.

*If none of these options are possible, plan to offer the yogurt in school and/or at the daycare before the expiration date on the packaging.

Eggs

Eggs can be frozen raw by preparing this way:

- Beat eggs
- Put in bowls
- Write the number of eggs and the date
- Place them in the freezer

To use the eggs, make them defrost in the fridge overnight or under cold water.

Fruits

Before a long holiday, you should make a priority of using fruits that don't last long. **Bananas** can be frozen. They are ideal for making milkshakes and smoothies. If it's possible to cook at the school, you can use apples to make a puree or applesauce and freeze it in tightly sealed containers.

Mozzarella cheese

It can also be frozen. For a better texture after defrosting, it's better to grate the cheese before freezing it.

RECOMMENDATIONS ON MANAGING FOOD SURPLUSES

In case of food surpluses, it is important to ensure that they are properly managed regarding those recommendations.

- Use the food only for the breakfast of the children or the volunteers of the morning. You cannot offer snacks to children.
- Refrigerated foods need to be served or distributed before the expiration date. Volunteers cannot

bring this food at home. Be careful with the expiration date and organize your menu to avoid surplus. However if you have food that will not be used before the expiration date, give it to the school's administration. Some products can be frozen such as yogurt, milk or eggs.

- To help you plan the quantities to prepare, use the Single Servings chart for the quantity to be used for children, depending on their age.
- Any leftovers from the morning (example: cut fruit) should be given to the school administration for distribution to the other students. Volunteers cannot bring this leftover food at home. It's important to prepare an accurate and realistic quantity of food to be served to the children.
- Orders are automatically generated by taking the real needs of each club based on attendance. Inform your regional coordinator before each delivery of the actual club attendance rate.
- You need to have in stock two back-up menus to deal with unforeseen circumstances (ex: problem with the delivery, an increase in the number of children, or a snowstorm). We recommend taking meals such as cereals because they last longer.
- Once the last breakfast of the year has been served, the remaining perishables are to be given to the school. If the perishables exceed the amount accepted by the school, the volunteers are authorized to share equally.

ESSENTIAL INGREDIENT

Breakfast would not be the same without the *Breakfast Makes Me Shine (JeunEstime)* approach. Don't forget that it's often the little daily gestures that can have a positive influence on the lives of those around us. As a *Breakfast Makes Me Shine (JeunEstime)* ambassador, you are an essential ingredient in the daily lives of our young members. Along with your team, get creative to liven up the food presentation. Don't hesitate to contact your coordinator if you have questions or suggestions. Who knows – maybe your good idea is one worth sharing!