



Breakfast Menu

The initial breakfast program menu was developed in collaboration with a local dietician to ensure balanced choices for students. Below is a sample weekly menu from the breakfast program.

Monday

- Milk
- Fruit Bar
- Cheese String
- Whole Wheat Crackers



Tuesday

- Milk
- Whole Wheat Buns
- Cheerios
- Fruit Bar

Wednesday

- Milk
- Banana Chocolate Chip Bread
- Bananas, Apples, Oranges



Thursday

- Milk
- Whole Wheat Bagels
- Bananas, Apples, Oranges

Friday

- Milk
- Yogurt Tubes
- Hot Cereal
- Apples, Oranges



The Claresholm school community works to develop literate, life-long learners who are:

- ◆ Creative and critical thinkers
- ◆ Responsible and self-directed
- ◆ Ethical and involved citizens
- ◆ Able to adapt to change
- ◆ Team-oriented
- ◆ Effective communicators

While achieving the provincially defined outcomes.

The Looking At...brochure series provides WMES families information about a variety of school programs and activities.



**Clareholm
Schools
CREATE
Success!**

West Meadow
Elementary School



West Meadow Elementary School

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Looking at...

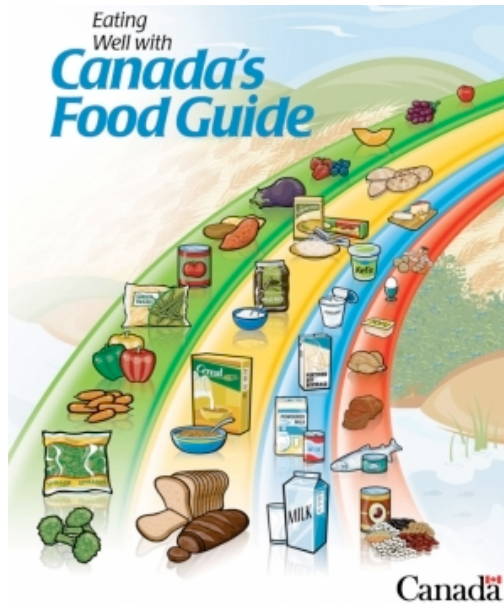
**Healthy Breakfast,
Healthy Minds**

*West Meadow Elementary
School's Breakfast
Program*

The Breakfast Program provides a healthy breakfast for all students at West Meadow Elementary School. Available at the school kitchen from 8:15 to 8:30 am, students can access the full menu daily prior to the start of the school day.



The Breakfast Program is primarily supported through a grant made possible by the Primary Care Network, as well as parent, service club and local business donations.



Students have the opportunity to learn about eating healthy and making smart food choices, using the Canada Food Guide, during the Classroom Recess Breakfast.

What is One Food Guide Serving?
Look at the examples below.

<p>Fresh, frozen or canned vegetables 125 mL (½ cup)</p>	<p>Leafy vegetables Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)</p>	<p>Fresh, frozen or canned fruits 1 fruit or 125 mL (½ cup)</p>	<p>100% Juice 125 mL (½ cup)</p>		
<p>Bread 1 slice (35 g)</p>	<p>Bagel ½ bagel (45 g)</p>	<p>Flat breads ½ pita or ½ tortilla (35 g)</p>	<p>Cooked rice, bulgur or quinoa 125 mL (½ cup)</p>	<p>Cereal Cold: 30 g Hot: 175 mL (¾ cup)</p>	<p>Cooked pasta or couscous 125 mL (½ cup)</p>
<p>Milk or powdered milk (reconstituted) 250 mL (1 cup)</p>	<p>Canned milk (evaporated) 125 mL (½ cup)</p>	<p>Fortified soy beverage 250 mL (1 cup)</p>	<p>Yogurt 175 g (¾ cup)</p>	<p>Kefir 175 g (¾ cup)</p>	<p>Cheese 50 g (1 ½ oz)</p>
<p>Cooked fish, shellfish, poultry, lean meat 75 g (2 ½ oz) / 125 mL (½ cup)</p>	<p>Cooked legumes 175 mL (¾ cup)</p>	<p>Tofu 150 g or 175 mL (¾ cup)</p>	<p>Eggs 2 eggs</p>	<p>Peanut or nut butters 30 mL (2 Tbsp)</p>	<p>Shelled nuts and seeds 60 mL (¼ cup)</p>

Each year, each classroom is given the opportunity to have a full breakfast cooked for them to be enjoyed during a morning recess. During this breakfast, students learn about the food choices made to create the breakfast and about eating healthy.

Classroom Recess Breakfast

