

Item	Serving Size	Quantity/Pack (numbers are approximate)	Servings/pack	25 students	50 students	100 students	250 students
Grain Products							
Whole Wheat bread	1 slice	19 slices/loaf	19 servings/loaf	2 loaves	3 loaves	6 loaves	14 loaves
Whole Wheat pita/ museli	1/2 pita	5 pitas/bag	10 servings/bag	3 bags	5 bags	10 bags	25 bags
Whole wheat bagel	1/2 bagel	6 bagels /bag	12 servings/bag	3 bags	5 bags	9 bags	21 bags
Triscuit style cracker	6 crackers	50 crackers/ 225g box	8 servings / 225g box	4 boxes	7 boxes	13 boxes	32 boxes
Whole wheat crackers	10 crackers	40 crackers/ sleeve	4 servings/ sleeve	7 sleeves = 2 boxes	13 sleeves = 4 boxes	25 sleeves = 7 boxes	63 sleeves =16 boxes
Rice cakes	2 rice cakes	14 rice cakes /bag	7 servings/bag	4 bags	8 bags	15 bags	36 bags
Whole wheat English muffin	1/2 English	6 English muffins/bag	12 servings/bag	3 bags	5 bags	9 bags	21 bags
Wraps/Tortillas	1/2 tortilla	10 wraps/bag	20 servings/bag	2 bags	3 bags	5 bags	13 bags
Milk and Alternatives							
Milk – white or chocolate	250 ml	48 / case	48 servings/case	1 case	1 + cases	2 ½ cases	5 ½ cases
Milk – white or chocolate (bags)	250 ml	4L bags	16 servings /bag	2 bags	4 bags	7 bags	16 bags
Yogurt	175 ml	12 / pack	12 servings / pack	3 packs	5 packs	9 packs	21 packs
Hard Cheese	50 gr	500 gr bar	10 servings / bar	3 bars	5 bars	10 bars	25 bars
Fresh Cheese	60 gr	6/pack	6 servings / pack	5 packs	9 packs	17 packs	42 packs
Cheese strings	2 cheese strings	16/pack	8 servings / pack	4 packs	7 packs	13 packs	32 packs
Yogurt tubes	2 tubes	8 tubes / box	4 servings / box	7 boxes	13 boxes	25 boxes	63 boxes
Fortified soy beverage	250 ml	3/pack	3 servings / pack	9 packs	17 packs	34 packs	84 packs
Vegetables & Fruit							
Carrots	8-10 pieces	95 pieces/lb	9 servings	3 lbs	6 lbs	12 lbs	28 lbs
Cucumbers	3 wedges	12 wedges / cucumber	4 servings / cucumber	7 cucumbers	13 cucumbers	25 cucumbers	63 cucumbers
Grape tomatoes	6 pieces	50 pieces/pint	8 serving/pint	3-4 pints	6-7 pints	13 pints	32 pints
Broccoli	½ cup	43 florets/head	6 servings/ head	5 broccoli heads	9 broccoli heads	17 broccoli heads	42 broccoli heads
Grapes	20 grapes	1 lb	10 servings/lb	2.5 lbs	5 lbs	10 lbs	25 lbs
Cantaloupe	½ cup	1 cantaloupe	8 servings/ cantaloupe	4 cantaloupes	7 cantaloupes	13 cantaloupes	32 cantaloupes
Honeydew melon	½ cup	1 melon	12 servings/ melon	3 melons	5 melons	9 melons	21 melons
Apples / Pears	1	1	1	25	50	100	250
Bananas	1	1	1	25	50	100	250
Oranges	1	1	1	25	50	100	250
Clementines	2	20/crate	10 servings/ crate	3 crates	5 crates	10 crates	25 crates
Strawberries	5 berries	20 berries/lb	4 servings/lb	6.5 lbs	12.5 lbs	25 lbs	63 lbs

SCHOOL BREAKFAST PROGRAM



SHOPPING TIPS FOR BUSY COORDINATORS



Maximize your Buying Power

Running a breakfast program is usually done on a limited budget. Knowing how to stretch your dollars in order to provide excellent nutrition to the students is an important aspect of making it happen. Here are some ideas to help you get the most nutrition for your dollar:

- Buy food in bulk or in larger/family size.
- Buy the “store” brands. Often these brands are made by the same companies that create the commercial ones.
- Purchase less processed foods with less packaging.
- Look for the best deals by checking weekly grocery store flyers.
- Use coupons found in your weekend newspaper or online websites (such as www.save.ca)
- Create a good working relationships with the grocery or produce manager at your local grocery store. You never know, they may be able to donate healthy food items.
- Buy produce in season and freeze, if you have access to a freezer.
- Buy frozen juice concentrate (100% juice) instead of fresh refrigerated juice



Stocking the Essentials for your School Breakfast Program

A well-stocked breakfast program is great for those days when grocery shopping is delayed or a few extra kids show up for breakfast. Be sure that you take advantage of “long-lasting” healthy staples that you can purchase in bulk and just a few times during the school year. It will save money and time.

PANTRY

- Cereal (first ingredient is a whole grain)
- Dried fruit (raisins, cranberries, etc)
- Canned fruit (100% juice)
- Applesauce (unsweetened)
- Granola bars
- Crackers (first ingredient is a whole grain)
- Pancake mix
- Muffin mix
- Jam

FRIDGE

- Cheese
- Yogurt
- Margarine
- Oranges & apples