



Halstead Community Primary School

Breakfast Club Menu

Bread and Cereals		Fruit		Toppings for toast		Drinks	
1-2 servings per person		1 serving per person					
Food Item	Serving size	Food Item	Serving size	Food Item	Serving size	Food Item	Serving size
Weetabix	1 biscuit	Banana	1	Margarine	1 teaspoon	Water	unlimited
Cornflakes	1 cup	Apple	1	Jam	2 teaspoons	Milk	100ml
Rice crispies	1 cup	Citrus fruit	1	Honey	2 teaspoons	Fruit juice	100ml
Bread	1 slice	Raisins	25g	Marmalade	2 teaspoons		
		Tinned fruit	½ cup	Marmite			