



# Example Breakfast Club Menu

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Everyday choices plus one of these cereals and breads each week:

<p><b>Everyday Cereals</b></p> <ul style="list-style-type: none"><li>Corn Flakes</li><li>Rice Krispies</li><li>Shreddies</li><li>Weetabix</li></ul> <p><b>Everyday Breads and Spreads</b></p> <ul style="list-style-type: none"><li>Slice 50/50 Bread/Toast</li><li>Non-Dairy Spread</li><li>Jam</li><li>Marmalade</li><li>Lemon Curd</li><li>Marmite</li></ul>	<p><b>Cereals (for example)</b></p> <ul style="list-style-type: none"><li>Multigrain Hoops</li><li>Raisin Wheats</li><li>Sultana Bran</li><li>Puffed Wheat</li><li>Blueberry Wheats</li><li>Puffed Rice</li></ul> <p><b>Breads (for example)</b></p> <ul style="list-style-type: none"><li>Bagel Thin</li><li>Brioche</li><li>Crumpet</li><li>English Muffin</li></ul>
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