











# PRIMARY SCHOOL BREAKFAST CLUB MENU PORTION GUIDE

Product	Portion size per individual
 Weetabix	1 Biscuit
 Rice Krispies	25g 
 Cornflakes	25g 
 Porridge [Seasonal]	25g (Dry Weight) 
 Toast	1 slice if cereal taken too, 2 slices if served without cereal
 Fruit Juice Break Milk	100ml (1 part juice to 6 parts water) 200ml
 Seasonal Fruit [Orange, Banana, Apple]	Orange- cut into wedges Banana- cut into slices Apple- 1/2 cut into slices