

Our Breakfast

A variety of items are offered to our children for breakfast. Daily, our children are offered a variety of cereals and toasts. Occasionally children will also be offered other items such as hot foods, treats, fruit, Milo & Milk to drink.

Please see a list of Breakfast items your child may be offered in the morning at OSHC:

Cereals (Regularly offered)	FRUIT (Occasionally offered)	Breads/Toast & Pastries (Regularly offered)	DAIRY ITEMS (Regularly offered)	Other (Regularly offered)
Corn Flakes	Apples (of all varieties)	Wholemeal Bread	Milk / Soy	Muffins
Cheerios	Oranges	White Bread	Milo with Milk / soy	Pancakes
Rice Bubbles	Mandarins	Multi-gran Bread	Yoghurt	Eggs
Weetbix	Pears	Fruit/Raisin Loaf	Fruit Smoothies	Bacon
Porridge	Raspberries	Croissants		Hash-browns
Special K	Strawberries	Danishes		Cooked Mushrooms / Tomatoes
Oats	blueberries	Banana Bread		Juice (50% water)
Puffed Wheat	Kiwi Fruit / Kiwi-Berries	Crumpets		Freshly Squeezed Fruit & Veg Juices
Just Right	Mango	English Muffins		Spreads etc:
Gluten Free Cereal Options	Watermelon	Gluten Free Bread		* Butter
	Rockmelon			* Margarine
	Honeydew melon			* Jams (Strawberry/plum/marmalade/blackberry)
	Paw-Paw / Papaya			* Vegemite
	Kumquat			* Honey
	Plums/Nectarines/Peaches/Apricots			
	Grapes (red & white)			
	Pineapple			
	Cherries			
	Banana			
	Pomegranate			
	Lychee			
	Dragon Fruit			
	Dried Fruits			