

Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Cereal and Milk Seasonal Fresh Fruit	Banana Blueberry Muffin Seasonal Fresh Fruit	Un-sweetened Applesauce Rice Cakes	Wholegrain Cereal and Milk Seasonal Fresh Fruit	Yogurt and Puffed Wheat or Homemade Granola Seasonal Fresh Fruit
	Water	Water	Water	Water	Water
Lunch	Baked Penne with Tomato, Lentil and Vegetable Sauce and Mozzarella Cheese Green beans	Turkey and Salad Wraps Cheese and Salad Wraps Baked Potato Wedges Carrot Sticks	Chicken Souvlaki Greek Chickpea, Tomato, Cucumber and Feta Salad Pita Triangles Cucumber and Tomato Salad with Feta	Grilled Cheese Sandwiches Garden Salad	Jamaican Jerk Chicken Jerk Tofu Mini Naan Mango Coleslaw
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk
PM Snack	Berrylicious Smoothie Trail Mix	Crackers Ranch Dip Rainbow Pepper Sticks	Oatmeal Cookie Seasonal Fresh Fruit	Rice Cakes Hummus Carrot Sticks, Snap Peas	Apple Cinnamon Scone Seasonal Fresh Fruit
	Water	Water	Water	Water	Water

- Our nutritious diverse meals are homemade from scratch and are dietitian approved to maximize nutrition. Wherever possible we include healthy additions such as whole-wheat or whole-grain options for bread, pasta and crackers as well as lower amounts of salt and sugar.
- V=Vegetarian option listed in green
- Late afternoon pickups: remaining snack items as well as cereal mix
- To ensure variety and seasonal offerings, fruit choice will be posted on the daily fruit log.
- Infants will be offered the same as older children when developmentally appropriate.

Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Un-sweetened Applesauce	Wholegrain Cereal and Milk	Lemon Raspberry Muffins	Wholegrain Cereal and Milk	Yogurt
	Rice Cakes	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Mixed Berries
	Water	Water	Water	Water	Water
Lunch	Garden Veggie Cheese Tortellini Pasta Salad	Korean Beef, Veggie and Rice Bowls	Baked Mexican Fish Baked Tortilla Triangles	Italian Chicken Breast Caesar Salad	Chefs Choice Menu Details will be posted on the menu changes form and the meal will include a serving from each of the food groups.
	Carrot Sticks	Korean Ground Round, Veggie and Rice Bowls	Black Bean and Corn Salad	Italian Herb Tofu Caesar Salad	
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk
PM Snack	Bagels with Cinnamon Cream Cheese Apple Slices	Pizza Triangles, Cucumber Slices	Crackers, Cheese Cubes, Pineapple Tidbits	Pumpkin Loaf	Black Bean Brownies
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Water	Water	Water	Water	Water

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Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Cereal and Milk Seasonal Fresh Fruit	Apple Cinnamon Muffin Seasonal Fresh Fruit	Wholegrain Cereal and Milk Seasonal Fresh Fruit	Un-sweetened Applesauce Rice Cakes	Yogurt and Puffed Wheat or Homemade Granola Seasonal Fresh Fruit
	Water	Water	Water	Water	Water
Lunch	Spaghetti with Homemade Tomato, Lentil and Vegetable Sauce Parmesan Cheese Green beans	Cheese and Broccoli Frittata Whole-wheat Dinner Rolls Rainbow Pepper Sticks and Ranch Dip	Honey Garlic Chicken Asian Noodle Salad with Tofu Asian Noodle and Veggie Salad	Mini Cheese Pizza on Whole-wheat English Muffins Caesar Salad	Tandoori Chicken Bites Tandoori Paneer Mini Naan Bread Garden Salad
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk
PM Snack	Rice Cakes Carrot Sticks, Snap Peas Ranch Dip	Baked Savoury Pita Triangles Salsa Cucumber Slices	Banana Mango Smoothie Trail Mix	Crackers With Herb and Garlic Cream Cheese, Red Pepper sticks Cucumber Slices	Banana Bread Seasonal Fresh Fruit
	Water	Water	Water	Water	Water

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Menu – Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Yogurt and Puffed Wheat or Homemade Granola Seasonal Fresh Fruit	Wholegrain Cereal and Milk Seasonal Fresh Fruit	Carrot Muffins Seasonal Fresh Fruit	Un-sweetened Applesauce Rice Cakes	Wholegrain Cereal and Milk Seasonal Fresh Fruit
	Water	Water	Water	Water	Water
Lunch	Butternut Squash Macaroni and Cheese Mixed Vegetables	Turkey and Cucumber Sandwiches on Whole-wheat Bread Cheese and Cucumber Sandwiches Carrot Salad	Tuna and Veggie Pasta Salad Chickpea and Veggie Pasta Salad Broccoli	BBQ Chicken and Cheese Quesadillas BBQ Cheese and Bean Quesadillas Garden Salad	Chefs Choice Menu Details will be posted on the menu changes form and the meal will include a serving from each of the food groups.
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk
PM Snack	Chocolate Hummus Apple Slices Pita Bread	Oatmeal Cookie Seasonal Fresh Fruit	Crackers Cheese Cubes Pineapple Tidbits	Bagels with Cinnamon Cream Cheese Apple Slices	Blueberry Muffins Seasonal Fresh Fruit
	Water	Water	Water	Water	Water

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