|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| A.M SNACK | W.G Cheerios  Cantaloupe  Milk | W.G. Waffles & Syrup  Clementine  Milk | Chex Cereal  Apple slices  Milk | W.W. Bagel with Low Fat Cream Cheese  Blueberries  Milk | Plain Yogurt & Mixed Berries with serving of Crushed W.W. Cereal topping  Milk |
| LUNCH | Chick Pea Chowder  Cauliflower, Carrots, Broccoli  Brown Rice  Apple Slices  Milk | Turkey Chilli with Kidney Beans, Onions, Mushroom  WW Tortilla  Orange Peppers  Milk  Pears | Chicken & rice soup  Carrots, celery, onion  Green Peas  WW pasta  WW crackers  Honeydew Melon  Milk | Jamaican Stew Beef with Parsnip & Carrots  Brown Rice, Broccoli  W.W. Bread  Oranges  Milk | Tuna Casserole with Carrots & Peas  WW Egg Noodles Tomato & Cucumber Salad (Vinegar & Lemon Juice Dressing)  Cantaloupe  Milk |
| LUNCH ALTERNATIVE | Chick Pea Chowder  Cauliflower, Carrots, Broccoli  Brown Rice  Apple Slices | Vegetarian Chilli with beans, Onions, mushroom, WW tortilla, Orange peppers, Milk, and pears | Brown Lentils  with  Onions, Celery carrots  WW Crackers  Red Peppers  Honeydew Melon | Soy protein ground  Brown Rice and mixed Veggies W.W. Bread  Oranges | WW Pasta with lentils &marinara sauce  Tomato, and cucumber salad Cantaloupe |
| P.M. SNACK | Sliced Turkey Breast  W.G. Crackers  Orange slices | Plain Yogurt & Fruit Blend (Unsweetened in own juice canned peaches) Bananas & WW melba toast | Cheddar Cheese W.G. Crackers & Pear Slices | WW Mini Pita with Guacamole  Clementine  Milk | W.W. Carrot Loaf  Pineapple Slices  Cheese |
| LATE SNACK | WW Baked Gold Fish Crackers | Melon Slices | Cucumber Slices | Watermelon | Peppers |

WEEK 1

We offer 2 servings of (100-120 g) of fruit and vegetables daily for each child and 1 – 2 (8oz) servings of milk 2% for Preschool children. 3.5 % for Infants & Toddlers. Water is available to all children at all meals and snacks. When possible we use low fat yogurt, and low fat cheddar cheese. All snacks have a Vegetarian, and Vegan drink, and food option available if required based on our food restriction and allergy list. W.W. = Whole Wheat W.G. = Whole Grains M.G. = Multigrain

Week 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| A.M SNACK | W.G. Chex Cereal  Banana Slices  Milk | W.W. Toasted English Muffin with Cheddar Cheese, apple slices  Milk | W.G Cheerios Cereal  Blueberries  Milk | W.W. Toast  Butter  Banana  Milk | W.G. Pancakes and Syrup  Honeydew melon  Milk |
| LUNCH | Red Lentil Soup with Onions, Celery & Carrots, Green Beans  W.W. Crackers, Honeydew Melon, Milk | W.W. Spaghetti with Turkey Meat Sauce with Spinach and Carrots  Apple  Milk | Baked Basa fish with Onion Celery, Tomato, Peas  Quinoa  Oranges  Milk | Beef Veggie Soup & Pearl Barley  Baked Squash W.W. Bread & Butter  Green Pears  Milk | Chicken & Leek Pot Pie (Whole Wheat puff Pastry covering)  Potatoes & Spinach  WW Bread  Green Beans  Watermelon  Milk |
| LUNCH ALTERNATIVE | Red Lentil Soup with Onions, Celery & Carrots, Green Beans  W.W. Crackers, Honeydew Melon | Mung Bean Pasta  and Tomato Sauce  Carrots  Apple | Mixed Veggies with  Quinoa | Chick Pea Chowder  Cauliflower, Carrots, Broccoli  Brown Rice | Tofu in Tomato Sauce & WW Orzo Pasta  Green Beans  Watermelon |
| P.M. SNACK | Homemade Oatmeal Raisin Cookie  Apple slices  Cheddar cheese | Cheddar Cheese Cubes  W.W. Crackers  Strawberries | W.W. Tortilla  Humus  Apple Sauce | Yogurt based Smoothies Mixed Berry  WW Melba toast | Homemade WW Banana Chocolate Chip muffins, cheese  Sliced Mango |
| LATE SNACK | Zucchini Slices | Orange slices | WW Baked Gold Fish Crackers | Apple Slices | Bananas |

We offer 2 servings of (100-120 g) of fruit and vegetables daily for each child and 1 – 2 (8oz) servings of milk 2% for Preschool children. 3.5 % for Infants & Toddlers. Water is available to all children at all meals and snacks. When possible we use low fat yogurt, and low fat cheddar cheese. All snacks have a Vegetarian, and Vegan drink, and food option available if required based on our food restriction and allergy list. W.W. = Whole Wheat W.G. = Whole Grains M.G. = Multigrain

Week 3

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| A.M SNACK | W.G Cheerios &  Cantaloupe  Milk | W.W. Grilled Cheese  Bananas  Milk | W.W. Toast with W.O.W. butter spread  Cucumber Slices  Milk | Chex Cereal  Strawberries  Milk | W.W. Toasted English Muffin with Butter  Bananas  Milk |
| LUNCH | Seasonal Veggie Soup  (Butternut squash) Carrots & Spinach  Turkey & cheese sandwiches on WW bread  Cucumber Slices  Milk Apples | Lean Beef & Black Bean Taco (Spinach, Tomatoes, Sour Cream & Cheddar Cheese) W.W. Wraps  Green Peppers, Oranges, Milk | W.W. Macaroni & Cheese with  Chicken Breast  Broccoli  Pears,  Milk | (Moqueca)  Brazilian Fish Stew  (Veggies- Onion, Green Peppers and tomato) Brown Rice  Yellow Pepper  Whole Wheat Bread Milk  Cantaloupe | Whole WheatTurkey Lasagne with Spinach, and Veggies, Mozzarella & Ricotta Cheese  Carrots  Watermelon  Milk |
| LUNCH ALTERNATIVE | Seasonal Veggie Soup  (Butternut squash) Carrots & Spinach WW cheese sandwich | Black Bean Taco (Spinach, Tomatoes, Sour Cream & Cheddar Cheese) W.W. Wraps  Green Peppers, Oranges, | W.W. Macaroni & Cheese with 3 bean salad  Broccoli  Pears | Chick Pea Chowder  Cauliflower, Carrots, Broccoli  Brown Rice | Lasagna with puree lentils Mushrooms, Spinach & Veggies |
| P.M. SNACK | Mini Pitas with Roast Chicken Sliced & Cheddar Cheese  apple | Yogurt  Mixed Berries  Graham crackers | Trail Mix W.W. Cheerios  Raisins  Cranberries  Shreddies Cereal  Apple  Cheese string | W.W. English Muffin Mini Pizza with Cheese & Tomato Sauce  Carrots | W.W. Zucchini Bread Cheddar  Cucumber Slices |
| LATE SNACK | Pears | Carrots | Oranges | Bananas | Animal Cookies |

We offer 2 servings of (100-120 g) of fruit and vegetables daily for each child and 1 – 2 (8oz) servings of milk 2% for Preschool children. 3.5 % for Infants & Toddlers. Water is available to all children at all meals and snacks. When possible we use low fat yogurt, and low fat cheddar cheese. All snacks have a Vegetarian, and Vegan drink, and food option available if required based on our food restriction and allergy list. W.W. = Whole Wheat W.G. = Whole Grains M.G. = Multigrain

Week 4

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| A.M SNACK | W.G. Chex Cereal  Cantaloupe  Milk | W.W. English Muffin Grilled Cheese  Melon Cubes  Milk | Plain Yogurt & Mixed Berries with Graham Crackers  Milk | W.W. Cheerios Cereal  Oranges  Milk | W.G Pancakes with Syrup  Mixed Berries  Milk |
| LUNCH | Brown Lentils  with  Onions, Celery and Carrots  Whole Wheat Crackers carrots  Red Peppers  Oranges  Milk | Lean Beef Meat sauce with  Whole Wheat Pasta  Peas & Carrots  Pears  Milk | Lemon Chicken  and  Gold &Sweet Potato Salad  WW Dinner Rolls  Cantaloupe  Milk | Turkey Meatloaf with Shredded Zucchini  and mushroom  Polenta  WG Bread  Broccoli Milk  Honeydew Melon | Cheese/Potato Perogies/ sour cream & three bean salad WG bread  Green Peppers  Milk  Apples |
| LUNCH ALTERNATIVE | Brown Lentils  with  Onions, Celery and Carrots  Whole Wheat Crackers carrots  Red Peppers  Oranges | Mung Bean Pasta with Veggie Ground  Tomato Sauce  Peas & Carrots  Pears | Soy based Veggie  Burger  Gold &Sweet Potato Salad  WW Dinner Rolls  Cantaloupe | Soy based ground veggie loaf with Shredded Zucchini  and mushroom  Polenta  WG Bread  Broccoli Honeydew Melon | WW pasta soy based  cheese, three bean salad WG bread  Green Peppers  Apples |
| P.M. SNACK | WW Mini Pitas sliced turkey & banana | WW baked Tortilla Humus Dip  Tomato Orange Pepper | Tuna Salad (Light mayo)  W.W. Thin Crackers  Clementine | Trail Mix W.W. Cheerios  Raisins  Cranberries  Shreddies Cereal  Baby Carrots  Cheese strings | Cheddar Cheese Cubes  W.W. Crackers  Honey Dew Melon |
| LATE SNACK | Orange Slices | Clementines | Apple Slices | Cucumber | Banana |

We offer 2 servings of (100-120 g) of fruit and vegetables daily for each child and 1 – 2 (8oz) servings of milk 2% for Preschool children. 3.5 % for Infants & Toddlers. Water is available to all children at all meals and snacks. When possible we use low fat yogurt, and low fat cheddar cheese. All snacks have a Vegetarian, and Vegan drink, and food option available if required based on our food restriction and allergy list. W.W. = Whole Wheat W.G. = Whole Grains M.G. = Multigrain