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|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| A.M SNACK | W.G CheeriosCantaloupeMilk | W.G. Waffles & SyrupClementineMilk | Chex CerealApple slicesMilk | W.W. Bagel with Low Fat Cream CheeseBlueberriesMilk | Plain Yogurt & Mixed Berries with serving of Crushed W.W. Cereal toppingMilk |
| LUNCH | Chick Pea ChowderCauliflower, Carrots, BroccoliBrown RiceApple SlicesMilk | Turkey Chilli with Kidney Beans, Onions, MushroomWW TortillaOrange Peppers Milk Pears | Chicken & rice soup Carrots, celery, onionGreen PeasWW pastaWW crackersHoneydew Melon Milk | Jamaican Stew Beef with Parsnip & CarrotsBrown Rice, BroccoliW.W. BreadOrangesMilk | Tuna Casserole with Carrots & PeasWW Egg Noodles Tomato & Cucumber Salad (Vinegar & Lemon Juice Dressing) CantaloupeMilk |
| LUNCH ALTERNATIVE  | Chick Pea ChowderCauliflower, Carrots, BroccoliBrown RiceApple Slices | Vegetarian Chilli with beans, Onions, mushroom, WW tortilla, Orange peppers, Milk, and pears | Brown LentilswithOnions, Celery carrotsWW CrackersRed PeppersHoneydew Melon | Soy protein ground Brown Rice and mixed Veggies W.W. BreadOranges | WW Pasta with lentils &marinara sauce Tomato, and cucumber salad Cantaloupe  |
| P.M. SNACK | Sliced Turkey Breast W.G. CrackersOrange 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 GuacamoleClementineMilk | W.W. Carrot LoafPineapple SlicesCheese |
| 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

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| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| A.M SNACK | W.G. Chex CerealBanana SlicesMilk | W.W. Toasted English Muffin with Cheddar Cheese, apple slicesMilk | W.G Cheerios CerealBlueberriesMilk | W.W. Toast ButterBananaMilk | W.G. Pancakes and SyrupHoneydew melonMilk |
| LUNCH | Red Lentil Soup with Onions, Celery & Carrots, Green BeansW.W. Crackers, Honeydew Melon, Milk  | W.W. Spaghetti with Turkey Meat Sauce with Spinach and CarrotsAppleMilk | Baked Basa fish with Onion Celery, Tomato, PeasQuinoaOrangesMilk | Beef Veggie Soup & Pearl Barley Baked Squash W.W. Bread & ButterGreen PearsMilk | Chicken & Leek Pot Pie (Whole Wheat puff Pastry covering)Potatoes & SpinachWW BreadGreen BeansWatermelonMilk  |
| LUNCH ALTERNATIVE  | Red Lentil Soup with Onions, Celery & Carrots, Green BeansW.W. Crackers, Honeydew Melon  | Mung Bean Pasta and Tomato SauceCarrotsApple | Mixed Veggies with Quinoa  | Chick Pea ChowderCauliflower, Carrots, BroccoliBrown Rice | Tofu in Tomato Sauce & WW Orzo PastaGreen BeansWatermelon |
| P.M. SNACK | Homemade Oatmeal Raisin CookieApple slicesCheddar cheese | Cheddar Cheese CubesW.W. CrackersStrawberries | W.W. TortillaHumusApple Sauce | Yogurt based Smoothies Mixed Berry WW Melba toast | Homemade WW Banana Chocolate Chip muffins, cheeseSliced Mango |
| LATE SNACK | Zucchini Slices | Orange slices | WW Baked Gold Fish Crackers | Apple Slices | Bananas |

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Week 3

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| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| A.M SNACK | W.G Cheerios &CantaloupeMilk | W.W. Grilled Cheese BananasMilk | W.W. Toast with W.O.W. butter spreadCucumber SlicesMilk | Chex CerealStrawberriesMilk | W.W. Toasted English Muffin with ButterBananasMilk |
| LUNCH | Seasonal Veggie Soup (Butternut squash) Carrots & SpinachTurkey & cheese sandwiches on WW breadCucumber SlicesMilk Apples | Lean Beef & Black Bean Taco (Spinach, Tomatoes, Sour Cream & Cheddar Cheese) W.W. WrapsGreen Peppers, Oranges, Milk | W.W. Macaroni & Cheese with Chicken BreastBroccoliPears, Milk | (Moqueca) Brazilian Fish Stew (Veggies- Onion, Green Peppers and tomato) Brown Rice Yellow PepperWhole Wheat Bread MilkCantaloupe  | Whole WheatTurkey Lasagne with Spinach, and Veggies, Mozzarella & Ricotta CheeseCarrotsWatermelonMilk |
| LUNCH ALTERNATIVE  | Seasonal Veggie Soup (Butternut squash) Carrots & Spinach WW cheese sandwich | Black Bean Taco (Spinach, Tomatoes, Sour Cream & Cheddar Cheese) W.W. WrapsGreen Peppers, Oranges, | W.W. Macaroni & Cheese with 3 bean saladBroccoliPears | Chick Pea ChowderCauliflower, Carrots, BroccoliBrown Rice | Lasagna with puree lentils Mushrooms, Spinach & Veggies  |
| P.M. SNACK | Mini Pitas with Roast Chicken Sliced & Cheddar Cheeseapple | Yogurt Mixed BerriesGraham crackers | Trail Mix W.W. CheeriosRaisinsCranberriesShreddies CerealAppleCheese string | W.W. English Muffin Mini Pizza with Cheese & Tomato SauceCarrots | W.W. Zucchini Bread Cheddar Cucumber Slices |
| LATE SNACK | Pears | Carrots | Oranges | Bananas | Animal Cookies |

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Week 4

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| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| A.M SNACK | W.G. Chex CerealCantaloupeMilk | W.W. English Muffin Grilled CheeseMelon CubesMilk | Plain Yogurt & Mixed Berries with Graham CrackersMilk | W.W. Cheerios CerealOrangesMilk | W.G Pancakes with Syrup Mixed BerriesMilk |
| LUNCH | Brown LentilswithOnions, Celery and CarrotsWhole Wheat Crackers carrotsRed PeppersOrangesMilk | Lean Beef Meat sauce withWhole Wheat PastaPeas & CarrotsPearsMilk | Lemon ChickenandGold &Sweet Potato Salad WW Dinner RollsCantaloupe Milk | Turkey Meatloaf with Shredded Zucchiniand mushroomPolentaWG BreadBroccoli MilkHoneydew Melon | Cheese/Potato Perogies/ sour cream & three bean salad WG bread Green PeppersMilk Apples |
| LUNCH ALTERNATIVE  | Brown LentilswithOnions, Celery and CarrotsWhole Wheat Crackers carrotsRed PeppersOranges | Mung Bean Pasta with Veggie Ground Tomato Sauce Peas & CarrotsPears | Soy based Veggie Burger Gold &Sweet Potato SaladWW Dinner RollsCantaloupe  | Soy based ground veggie loaf with Shredded Zucchiniand mushroomPolentaWG BreadBroccoli Honeydew Melon | WW pasta soy basedcheese, three bean salad WG bread Green PeppersApples |
| P.M. SNACK | WW Mini Pitas sliced turkey & banana | WW baked Tortilla Humus DipTomato Orange Pepper | Tuna Salad (Light mayo)W.W. Thin CrackersClementine | Trail Mix W.W. CheeriosRaisinsCranberriesShreddies CerealBaby CarrotsCheese strings | Cheddar Cheese CubesW.W. CrackersHoney Dew Melon |
| LATE SNACK | Orange Slices | Clementines  | Apple Slices | Cucumber | Banana |

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