

2024 WEEK ONE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Cheerios Melon Milk	WG Waffles & syrup Frozen strawberries Milk	Corn Flakes and Frozen Banana pieces Milk	WW Bagel with margarine Blueberries Milk	WW Mini Pita with cream cheese Clementines Milk
Lunch	Chick Pea Chowder with Carrot, peppers, tomatoes & celery Mini Pita Broccoli Brown Rice Milk Apples (Unsweetened Applesauce for infants)	Turkey Chilli with Kidney & Black Beans, Corn, Mushroom WW Tortilla Green Beans Milk Pears (applesauce for infants)	Chicken Noodle Soup Kale, Squash, WW crackers Honeydew Melon Green Peas Milk	Jamaican Stew Beef With Parsnips, Potato & Carrots Brown Rice Broccoli WW bread Milk Golden Melon	WW Fish Casserole with mushroom Carrots & Peas Fussili Pasta WW Bread Sticks Tomato & Cucumber Salad Cantalope Milk
Lunch Alternatives	Soy Milk	Bean Chilli Soy Milk	Vegetable soup with Tofu Soy Milk	Soy Protein Stew Soy Milk	Tofu Vegetable Risotto Soy Milk
PM Snack	Sliced Turkey Breast Cheddar Cheese Low sodium Triscuits Oranges	WOW butter sandwich with cucumber slices	Cottage Cheese, whole wheat crackers, pear	Plain Yogurt fruit blend with bread stick Rice Cakes	Homemade WW Carrot Loaf Apples Cheese
PM Late Snack	WW Fish Crackers	Rice Cake	Trail Mix cheerios, raisins, cranberries, Shreddies, Chex	Animal cookies	Graham crackers

We offer 2 to 2 ½ servings of (100-120grms) fruits and vegetables daily for each child and 1-2 (8 oz) servings of Milk 2% for Preschool children 3.5% for Infant & Toddlers
Water is available to all children at all times. When possible we use low fat yogurt, low fat cheddar cheese.

Mixed veggies include – broccoli, cauliflower and carrot or corn, green beans peas and

WW = Whole Wheat WG = Whole Grain MG = Multigrain

2024 WEEK TWO MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	Corn Flakes Cereal Frozen Banana Slices Milk	WW toasted English Muffin Cinnamon Butter Mixed berries Milk	Yogurt Fruit blend strawberry, banana, and arrow root crackers Milk	Chex cereal Clementines Milk	WG Waffles (syrup) Honeydew Melon Milk
Lunch	Red Curry Lentils with Onions, celery & carrots and sweet potato WW Crackers Green Peas Golden Melon Milk	Chicken Alfredo on WW Pasta Red Peppers & Mushroom WW Bread Broccoli Clementines Milk	Brazilian Fish Stew (Veggies- Onion, Peppers, coconut milk and tomato) Brown Rice Cucumber WW Bread Milk Cantaloupe	Beef Veggie Soup with Pearl Barley, Potatoes & zucchini WW Bread Baked Squash Green Pears (applesauce for infants) Milk	Roasted Chicken with Mashed Potatoes and gravy Green Beans Dinner Rolls Apples (Applesauce for infants) Milk
Lunch Alternatives	Soy Milk	WW Pasta with Veggies Soy Milk	Tofu Stew with Rice Soy Milk	Bean Barley Soup Soy Milk	Soy Protein Sheppard's Pie Soy Milk
PM Snack	WW Mini Pitas Tuna Salad Clementines	Cheddar Cheese Cubes WW Crackers Strawberries	Mozzerella Cheese, graham crackers, Apples	WW Tortilla with Hummus Applesauce	WW Homemade Zucchini Loaf Cheddar Cheese Bananas
Late Snack	Animal crackers	Trail Mix cheerios, raisins, cranberries, Shreddies, Chex	WW fish crackers	Cranberry Citrus cookies	Rice cakes

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2024 WEEK THREE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Cheerios and Frozen Banana slices Milk	WW Toast With Butter Bananas Milk	Pancakes, Syrup, oranges Milk	Blueberries WW Bagel with Butter Milk	Shreddies Banana Slices Milk
Lunch	Veggie Minestrone Soup (with Beans & Zucchini) Baked Cheese sandwiches Broccoli Milk Apples (applesauce for infants)	Beef & Black Bean Taco with Spinach (Tomato, Pepper & Corn Salsa) Sour Cream & Cheddar Cheese Whole Wheat Wraps WW Couscous for Infants Milk Oranges	Whole Wheat Macaroni with Broccoli and cheese with chicken breast Broccoli Milk Golden Melon	Baked Breaded White Fish. Potatoe wedges with Green Peas Whole Wheat Bread Milk Cantaloupe	Lasagne with ground Turkey, Spinach, red pepper, carrots sticks Milk Pears (applesauce for infants)
Lunch Alternative	Soy Milk	Black Beans and vegetable Tacos Soy Milk	WW Macaroni & Cheese with Tofu Soy Milk	Veggie nuggets, potato wedges, and green peas Soy Milk	WW Vegetarian Lasagne Soy Milk
PM Snack	WW Mini Pitas with Roast Chicken Slices Cheddar Cheese	Plain Yogurt mixed berries fruit blend. Graham crackers	Banana Choc Chip cupcake, sliced peppers	WW English Muffins Mini Pizza with Cheese & Tomato Sauce, & Apple Slices	Cheddar Cheese and WW crackers Cucumber Slices
PM Late Snack	Graham crackers	Rice cakes	WW Fish Crackers	Animal cookies	Trail mix Whole wheat cheerios Raisins Cranberries Shreddies cereal

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2024 WEEK FOUR MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	Sliced strawberries WG Chex Cereal Milk	WW English Muffin Grilled Cheese Milk	Yogurt, and Peaches with graham crackers Milk	Corn flakes Milk, and Frozen Banana slices	WG Waffles with Blueberries Milk
Lunch	Brown Lentils with Tomato, Celery and Carrots MG Crackers Green Peppers Oranges Milk	Turkey Bolognese with Spinach, Celery Whole Wheat Pasta Peas & Carrots Pears (applesauce for infants) Milk	Beef Meatloaf with Shredded Zucchini, Spinach and mushroom Gold & Sweet Potato Salad WW Bread Broccoli Cantaloupe Milk	Butter Chicken with Brown Rice and naan bread California Mix Veggies Romaine Salad Milk Golden Melon	Fish Burger, Coleslaw, lettuce, tomato, ketchup, milk, and apples (applesauce for infants)
Lunch Alternatives	Soy Milk	Soy Protein Bolognese with WW Pasta Soy Milk	Veggie meatloaf Gold & Sweet Potato Salad (without mayo) Soy Milk	Braised Lentil and tomato stew with brown rice Soy Milk	Soy Milk
PM Snack	WW Mini Pitas Turkey slices Apple	Hummus Dip Orange peppers WG Crackers	Cheddar Cheese Cubes WW Crackers Clementines	Tuna Salad Rice Cakes Bananas	WW wheat thins cheese slices Pears
PM Late Snack	Animal crackers	Gold Fish Crackers	Rice cakes	Graham crackers	Cranberry Citrus cookies.

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