



## 2022 - 2023 WEEK ONE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Cheerios Melon Milk	WG Waffles & syrup Clementines Milk	Cinnamon Toast Honeydew Melon Milk	WW Bagel with Butter 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	Turkey Chilli with Kidney Beans, Corn, Mushroom WW Tortilla Green Peppers Milk Pears	Chicken Noodle Soup Kale, Squash, WW Pasta WW crackers Honeydew Melon Green Peas Milk	Jamaican Stew Beef With Parsnips & Carrots Brown Rice Broccoli WW bread Milk Oranges	WW Fish Casserole with mushroom Carrots & Peas Fussili Pasta WW Bread Sticks Tomato & Cucumber Salad Cantalope Milk
Lunch Alternatives	Soy Milk	Bean Burgers Gold & Sweet Potato Salad Soy Milk	Vegetable soup with carrots, celery, onion, lentils, and green peas Soy Milk	Tofu Brown Rice and mixed Veggies Soy Milk	Soy Protein Ground & Pasta Soy Milk
PM Snack	Sliced Turkey Breast Cheddar Cheese Low sodium Triscuits Oranges	WOW butter sandwich on WW bread Cucumber slices	Cottage Cheese WG Crackers and Pears Slices	Plain Yogurt & Fruit blend (unsweetened canned peaches) Bananas and WW bread sticks	Homemade WW Carrot Loaf Apples Cheese
PM Late Snack	WW Fish Crackers	Melon	Cucumber slices	Apple slices	Peppers

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 meals and snacks. 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



## 2022 - 2023 WEEK TWO MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM Snack</b>	Corn Flakes Cereal Oranges Milk	WW Baked English Muffin Cinnamon Butter Cantaloupe Milk	Yogurt Fruit Blend With strawberry, & banana. Arrow root cookies Milk	WW Toast with Butter Pears Milk	WG Waffles Honeydew Melon Milk
<b>Lunch</b>	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 Green Beans 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 & zucchini WW Bread Baked Squash Green Pears Milk	Roasted Chicken with Mashed Potatoes and gravy Green Beans Dinner Rolls Apples Milk
<b>Lunch Alternatives</b>	Soy Milk	WW Pasta with Ground Veggies with Lentil Tomato Sauce Soy Milk	Bean burger And Brown Rice Soy Milk	Soup with ground veggie and Barley Soy Milk	Veggie Chick'n Nuggets with Mashed Potatoes Green Beans Dinner Rolls Soy Milk
<b>PM Snack</b>	WW Mini Pitas Tuna Salad Clementines	Cheddar Cheese Cubes WW Crackers Strawberries	Cottage Cheese Arrowroot Crackers Apples	WW Tortilla with Hummus Applesauce	WW Homemade Orange Loaf Cheddar Cheese Bananas
<b>Late Snack</b>	Cucumbers	Banana	WW Fish Crackers	Banana	Apple Slices

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## 2022 - 2023 WEEK THREE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Cheerios and Cantaloupe Milk	WW Grilled Toast Cheese Bananas Milk	Pancakes, Syrup Oranges Milk	Blueberries WW Bagel Milk	Banana Slices WW Toasted English muffin with butter Milk
Lunch	Veggie Minestrone Soup (with Beans & Zucchini) Turkey & cheese sandwiches Tomatoe slice Milk Apples	Beef & Black Bean Taco with Spinach (Tomatoes, Sour Cream & Cheddar Cheese) Whole Wheat Wraps WW Couscous for Infants Green Peppers Milk Oranges	Whole Wheat Macaroni and cheese with chicken breast Boiled Broccoli Milk Pears	Baked Breaded White Fish burger. Cucumber Whole Wheat bun Milk Cantaloupe	Lasagne with ground Turkey, Spinach & Veggies, Mozzarella & Ricotta Cheese carrots sticks Milk Apples
Lunch Alternative	Vegan Cheese Sandwich Soy Milk	Black Beans and vegetable Tacos Soy Milk	Whole Wheat Pasta Tofu and Tomato Sauce Soy Milk	Bean Burger Soy Milk	WW Pasta with Cheese and tomato Sauce Soy Milk
PM Snack	WW Mini Pitas with Roast Chicken Slices Cheddar Cheese	Yogurt fruit blend with Mixed Berries Graham crackers	Banana Chocolate Chip cupcake with sliced cheese	WW English Muffins Mini Pizza with Cheese & Tomato Sauce, & Apple Slices	Home Made Zucchini loaf, Cheese Cucumber Slices
PM Late Snack	Pears	Fish Crackers	Oranges	Bananas	Trail mix Whole wheat cheerios Raisins Cranberries Shreddies cereal

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## 2022 - 2023 WEEK FOUR MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM Snack</b>	Cantaloupe WG Chex Cereal Milk	Melon Cubes WW English Muffin Grilled Cheese Milk	Plain yogurt with Peaches in own juice Arrowroot Crackers Milk	Grilled WW Toast with Cheese Oranges Milk	WG Waffles with Blueberries Milk
<b>Lunch</b>	Brown Lentils with Tomato, Celery and Carrots MG Crackers Green Peppers Oranges Milk	Turkey Bolognese with Spinach, Celery Whole Wheat Pasta Peas & Carrots Pears 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	Beef burger, Coleslaw lettuce tomato ketchup Milk Apples
<b>Lunch Alternatives</b>	Soy Milk	Whole Wheat Pasta with Tofu Tomato Sauce Soy Milk	Tempeh with Gold & Sweet Potato Salad (without mayo) Soy Milk	Bean Burgers Soy Milk	Veggie Burger Soy Milk
<b>PM Snack</b>	WW Mini Pitas Turkey slices Apple	Hummus Dip Tomatoes, Orange peppers WG Crackers	Cheddar Cheese Cubes WW Crackers Clementines	Tuna Salad Bread sticks Bananas	WW Wheat Thins Cheese slices Pears
<b>PM Late Snack</b>	Apples	WW Fish Crackers	Apples	Cucumber Slices	Bananas

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