

WEEK 1

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>A.M SNACK</b>	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
<b>LUNCH</b>	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 Noodle 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 Egg Noodles Tomato & Cucumber Salad (Vinegar & Lemon Juice Dressing) Cantaloupe Milk
<b>LUNCH ALTERNATIVE</b>	Vegetarian Lunch	Vegetarian Chilli	Brown Lentils with Onions, Celery and Carrots	Red Lentil Soup with Onions, Celery & Carrots, Green Beans W.W. Crackers	Pasta with tomato sauce Tomato, and cucumber salad
<b>P.M. SNACK</b>	Sliced Turkey Breast W.G. Crackers Orange slices	Plain Yogurt & Fruit Blend (Unsweetened canned peaches) Bananas & melba toast	Cheddar Cheese W.G. Crackers & Pear Slices	WW Mini Pita with Guacamole Clementine Milk	W.W. Carrot Loaf Pineapple Slices Cheese
<b>LATE SNACK</b>	Original Baked Gold Fish Crackers	Melon Slices	Cucumber Slices	Watermelon	Peppers

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.

W.W. = Whole Wheat

W.G. = Whole Grains

M.G. = Multigrain

Week 2

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>A.M SNACK</b>	W.G. Chex Cereal Banana Slices Milk	W.W. Toasted English Muffin with Low Fat Cheese Whiz Milk	W.G Cheerios Cereal Blueberries Milk	W.W. Toast Butter Banana Milk	W.G. Pancakes and Syrup Honeydew melon Milk
<b>LUNCH</b>	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 Potatoes & Spinach WW Bread Green Beans Watermelon Milk
<b>LUNCH ALTERNATIVE</b>	Vegetarian Lunch	W.W. Spaghetti with Tomato Sauce, Chickpeas Carrots,	Ground Veggie, with onion, tomato, peas Quinoa	Chick Pea Chowder Cauliflower, Carrots, Broccoli Brown Rice	Tofu in Tomato Sauce & Orzo Pasta
<b>P.M. SNACK</b>	Homemade Oatmeal Raisin Cookie Apple slices	Cheddar Cheese Cubes W.W. Crackers Strawberries	W.W. Tortilla Humus Apple Sauce	Yogurt based Smoothies Mixed Berry Melba toast	Homemade Banana Chocolate Chip muffins Sliced Mango
<b>LATE SNACK</b>	Zucchini Slices	Orange slices	Original Baked Gold Fish Crackers	Apple Slices	Bananas

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Week 3

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<b>A.M SNACK</b>	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
<b>LUNCH</b>	Seasonal Veggie Soup (Butternut squash) Carrots & Spinach Turkey & cheese sandwiches 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	Turkey Lasagne with Spinach, and Veggies, Mozzarella & Ricotta Cheese Carrots Watermelon Milk
<b>LUNCH ALTERNATIVE</b>	Vegetarian Lunch  Cheese sandwich	Black Bean Taco (Spinach, Tomatoes, Sour Cream & Cheddar Cheese) W.W. Wraps Green Peppers,	W.W. Macaroni & Cheese with 3 bean salad	Chick Pea Chowder Cauliflower, Carrots, Broccoli Brown Rice	Pasta, butter, cheese carrots, lentils milk
<b>P.M. SNACK</b>	Mini Pitas with Roast Chicken Sliced & Cheddar Cheese	Yogurt Mixed Berries Graham crackers	Trail Mix W.W. Cheerios Raisins Cranberries Shreddies Cereal Apple	W.W. English Muffin Mini Pizza with Cheese & Tomato Sauce Carrots	W.W. Zucchini Bread Cheddar Cheese Cucumber Slices
<b>LATE SNACK</b>	Pears	Carrots	Oranges	Bananas	Animal Cookies

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<b>A.M SNACK</b>	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
<b>LUNCH</b>	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 Romaine Lettuce, Tomato salad 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
<b>LUNCH ALTERNATIVE</b>	Vegetarian Lunch	Whole Wheat Pasta with Veggie Ground Tomato Sauce Soy Milk	Soy based Veggie Burger Gold & Sweet Potato Salad Soy Milk	Soy Based Veggie Burgers Soy Milk	Vegetarian Lunch
<b>P.M. SNACK</b>	Mini Pitas sliced turkey & banana	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	Cheddar Cheese Cubes W.W. Crackers Honey Dew Melon
<b>LATE SNACK</b>	Orange Slices	Arrow Root Cookies	Apple Slices	Cucumber	Banana

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