

Our nutritious diverse meals are homemade from scratch and are dietitian approved to maximize nutrition. Wherever possible we include healthy additions such as whole-wheat or whole-grain options for bread, pasta and crackers as well as lower amounts of salt and sugar.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Cereal and Milk Seasonal Fresh Fruit	Banana Blueberry Muffin Seasonal Fresh Fruit	Unsweetened Applesauce Rice Cakes	Wholegrain Cereal and Milk Seasonal Fresh Fruit	Natural Greek Yogurt Mango Puree Homemade Granola
	Water	Water	Water	Water	Water
Lunch	Baked Penne with Tomato, Lentil and Vegetable Sauce and Mozzarella Cheese Green beans Seasonal Fresh Fruit	Turkey and Salad Wraps Cheese and Salad Wraps Baked Sweet Potato Wedges Cucumber Slices Seasonal Fresh Fruit	One Pot Philly Cheesesteak Pasta One Pot Cheese-bean Pasta Corn Seasonal Fresh Fruit	Healthy Homemade Tomato Soup Grilled Cheese Sandwiches Green Pepper Sticks Seasonal Fresh Fruit	Jamaican Jerk Chicken Jerk Tofu Mini Naan Garden Salad Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk
PM Snack	Berrylicious Smoothie Trail Mix	Whole-wheat Cheesy Vegetable Muffins Seasonal Fresh Fruit	Homemade Hummus Carrot Sticks, Snap Peas Pita Bread	Apple Cinnamon Scone Seasonal Fresh Fruit	Homemade Greek Yoghurt Ranch Dip Crackers Rainbow Pepper Sticks
	Water	Water	Water	Water	Water

- V=Vegetarian option listed in green
- Late afternoon pickups: remaining snack items as well as cereal mix
- To ensure variety and seasonal offerings, fruit choice will be posted on the daily fruit log
- Infants will be offered the same as older children when developmentally appropriate

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	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Unsweetened Applesauce Rice Cakes	Wholegrain Cereal and Milk Seasonal Fresh Fruit	Lemon Raspberry Muffins Seasonal Fresh Fruit	Wholegrain Cereal and Milk Seasonal Fresh Fruit	Natural Greek Yogurt Mixed Berry Puree Homemade Granola
	Water	Water	Water	Water	Water
Lunch	Cheese Tortellini and Vegetable Primavera Peas Seasonal Fresh Fruit	Korean Beef, Veggie and Rice Bowls Korean Ground Round, Veggie and Rice Bowls Cucumber Slices Seasonal Fresh Fruit	Baked Mexican Fish Black Bean and Corn Salad Baked Tortilla Triangles Corn Salad Seasonal Fresh Fruit	Chicken and Vegetable Pot Pie with Biscuit Topping Vegetable and Bean Pot Pie Red Pepper Sticks Seasonal Fresh Fruit	Chefs Choice Menu Details will be posted on the menu changes form and the meal will include a serving from each of the food groups. Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk
PM Snack	Bagels with Cinnamon Cream Cheese Apple Slices	Pizza Triangles, Cucumber Slices	Crackers, Cheese Cubes, Pineapple Tidbits	Pumpkin Loaf Seasonal Fresh Fruit	Homemade Cottage Cheese Dip with Broccoli, Carrots and Whole-grain Crackers
	Water	Water	Water	Water	Water

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AM Snack	Wholegrain Cereal and Milk Seasonal Fresh Fruit	Apple Cinnamon Muffin Seasonal Fresh Fruit	Wholegrain Cereal and Milk Seasonal Fresh Fruit	Unsweetened Applesauce Rice Cakes	Natural Greek Yogurt Blueberry Puree Homemade Granola
	Water	Water	Water	Water	Water
Lunch	Spaghetti with Homemade Tomato, Lentil and Vegetable Sauce Parmesan Cheese Green beans Seasonal Fresh Fruit	BBQ Chicken and Cheese Quesadillas Cheese and Black Bean Quesadillas Garden Salad Seasonal Fresh Fruit	Butternut Squash and Lentil Soup Turkey Sandwiches Cheese Sandwiches Seasonal Fresh Fruit	Mini Cheese Pizza on Whole-wheat English Muffins Caesar Salad Seasonal Fresh Fruit	Butter Chicken Curry Paneer and Vegetable Curry Mini Naan Bread Peas Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk
PM Snack	Homemade Bean Dip Carrot Sticks, Snap Peas Wholegrain Crackers	Banana Mango Smoothie Trail Mix	Baked Savoury Pita Triangles Salsa & Cucumber Slices	Crackers With Herb & Garlic Cream Cheese, Red Peppers & Cucumber	Banana Bread Seasonal Fresh Fruit
	Water	Water	Water	Water	Water

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AM Snack	Natural Greek Yoghurt Strawberry Puree Homemade Granola	Wholegrain Cereal and Milk Seasonal Fresh Fruit	Carrot Muffins Seasonal Fresh Fruit	Unsweetened Applesauce Rice Cakes	Wholegrain Cereal and Milk Seasonal Fresh Fruit
	Water	Water	Water	Water	Water
Lunch	Butternut Squash Macaroni and Cheese Mixed Vegetables Seasonal Fresh Fruit	Black Bean and Vegetable Enchilada Rice Casserole Carrot Sticks Seasonal Fresh Fruit	Beef, Tomato and Mini Pasta Soup Bean, Tomato and Mini Pasta Soup Garlic Toast Cucumber Slices Seasonal Fresh Fruit	Honey Garlic Chicken Vegetable Fried Rice Tofu and Vegetable Fried Rice Seasonal Fresh Fruit	Chefs Choice Menu Details will be posted on the menu changes form and the meal will include a serving from each of the food groups. Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk
PM Snack	Chocolate Hummus Apple Slices Pita Bread	Homemade Cottage Cheese Dip with Rainbow Pepper Sticks and Whole-grain Crackers	Crackers Cheese Cubes Pineapple Tidbits	Bagels with Cinnamon Cream Cheese Apple Slices	Black Bean Brownies Seasonal Fresh Fruit
	Water	Water	Water	Water	Water

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