

**Menu – Week 1**

|                     | <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>   |
|---------------------|--|--|--|--|---|
| <b>AM<br/>Snack</b> | Wholegrain Cereal<br>and<br>Milk<br><br>Seasonal Fresh Fruit   | Banana Blueberry<br>Muffin<br><br>Seasonal Fresh Fruit   | Un-sweetened<br>Applesauce<br><br>Rice Cakes   | Wholegrain Cereal<br>and<br>Milk<br><br>Seasonal Fresh Fruit | Yogurt and<br>Puffed Wheat or<br>Homemade Granola<br><br>Seasonal Fresh Fruit |
|                     | Water  | Water  | Water  | Water  | Water   |
| <b>Lunch</b>        | Baked Penne<br>with<br>Tomato, Lentil and<br>Vegetable Sauce and<br>Mozzarella Cheese<br><br>Green beans | Turkey and Salad Wraps<br>Cheese and Salad Wraps<br><br>Baked Potato Wedges<br><br>Carrot Sticks | Chicken Souvlaki<br><br>Greek Chickpea, Tomato,<br>Cucumber and Feta Salad<br>Pita Triangles<br><br>Cucumber and Tomato<br>Salad with Feta | Grilled<br>Cheese<br>Sandwiches<br><br>Garden Salad          | Jamaican Jerk Chicken<br><br>Jerk Tofu<br><br>Mini Naan<br><br>Mango Coleslaw |
|                     | Seasonal Fresh Fruit   | Seasonal Fresh Fruit   | Seasonal Fresh Fruit   | Seasonal Fresh Fruit   | Seasonal Fresh Fruit  |
|                     | Milk   | Milk   | Milk   | Milk   | Milk  |
| <b>PM<br/>Snack</b> | Berrylicious Smoothie<br><br>Trail Mix   | Crackers<br>Ranch Dip<br>Rainbow Pepper Sticks   | Oatmeal Cookie<br><br>Seasonal Fresh Fruit   | Rice Cakes<br>Hummus<br>Carrot Sticks, Snap Peas             | Apple Cinnamon Scone<br><br>Seasonal Fresh Fruit                              |
|                     | Water  | Water  | Water  | Water  | Water   |

- 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.
- 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.

**Menu – Week 2**

|                     | <b>Monday</b>                                  | <b>Tuesday</b>                             | <b>Wednesday</b>                            | <b>Thursday</b>                     | <b>Friday</b>  |
|---------------------|--|--|---|-------------------------------------|--|
| <b>AM<br/>Snack</b> | Un-sweetened Applesauce                        | Wholegrain Cereal and Milk                 | Lemon Raspberry Muffins                     | Wholegrain Cereal and Milk          | Yogurt   |
|                     | Rice Cakes                                     | Seasonal Fresh Fruit                       | Seasonal Fresh Fruit                        | Seasonal Fresh Fruit                | Mixed Berries  |
|                     | Water  | Water                                      | Water                                       | Water                               | Water  |
| <b>Lunch</b>        | Garden Veggie Cheese Tortellini Pasta Salad    | Korean Beef, Veggie and Rice Bowls         | Baked Mexican Fish Baked Tortilla Triangles | Italian Chicken Breast Caesar Salad | Chefs Choice Menu<br><br>Details will be posted on the menu changes form and the meal will include a serving from each of the food groups. |
|                     | Carrot Sticks                                  | Korean Ground Round, Veggie and Rice Bowls | Black Bean and Corn Salad                   | Italian Herb Tofu Caesar Salad      |  |
|                     | Seasonal Fresh Fruit                           | Seasonal Fresh Fruit                       | Seasonal Fresh Fruit                        | Seasonal Fresh Fruit                | Seasonal Fresh Fruit   |
|                     | Milk   | Milk                                       | Milk  | Milk                                | Milk   |
| <b>PM<br/>Snack</b> | Bagels with Cinnamon Cream Cheese Apple Slices | Pizza Triangles, Cucumber Slices           | Crackers, Cheese Cubes, Pineapple Tidbits   | Pumpkin Loaf                        | Black Bean Brownies  |
|                     | Water  | Water                                      | Water                                       | Water                               | Water  |

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**Menu – Week 3**

|                     | <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>                      | <b>Thursday</b>  | <b>Friday</b>                                     |
|---------------------|--|---|---------------------------------------|--|---|
| <b>AM<br/>Snack</b> | Wholegrain Cereal<br>and<br>Milk   | Apple Cinnamon<br>Muffin                                    | Wholegrain Cereal<br>and<br>Milk      | Un-sweetened<br>Applesauce   | Yogurt and<br>Puffed Wheat or<br>Homemade Granola |
|                     | Seasonal Fresh Fruit   | Seasonal Fresh Fruit  | Seasonal Fresh Fruit                  | Rice Cakes   | Seasonal Fresh Fruit                              |
|                     | Water  | Water   | Water                                 | Water  | Water   |
| <b>Lunch</b>        | Spaghetti with<br>Homemade<br>Tomato, Lentil and<br>Vegetable Sauce<br>Parmesan Cheese | Cheese and<br>Broccoli Frittata                             | Honey Garlic Chicken                  | Mini Cheese Pizza on<br>Whole-wheat English<br>Muffins                                 | Tandoori Chicken Bites                            |
|                     | Green beans  | Whole-wheat Dinner<br>Rolls                                 | Asian Noodle Salad with<br>Tofu       | Caesar Salad   | Tandoori Paneer                                   |
|                     | Seasonal Fresh Fruit   | Rainbow Pepper Sticks<br>and Ranch Dip                      | Asian Noodle and Veggie<br>Salad      | Seasonal Fresh Fruit   | Mini Naan Bread                                   |
|                     | Milk   | Seasonal Fresh Fruit  | Seasonal Fresh Fruit                  | Seasonal Fresh Fruit   | Garden Salad                                      |
|                     | Milk   | Milk  | Milk                                  | Milk   | Milk  |
| <b>PM<br/>Snack</b> | Rice Cakes<br>Carrot Sticks, Snap Peas<br>Ranch Dip                                    | Baked Savoury Pita<br>Triangles<br>Salsa<br>Cucumber Slices | Banana Mango<br>Smoothie<br>Trail Mix | Crackers With Herb and<br>Garlic Cream Cheese,<br>Red Pepper sticks<br>Cucumber Slices | Banana Bread                                      |
|                     | Water  | Water   | Water                                 | Water  | Water   |

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**Menu – Week 4**

|                     | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>  |
|---------------------|---|---|--|---|--|
| <b>AM<br/>Snack</b> | Yogurt and Puffed Wheat or Homemade Granola<br><br>Seasonal Fresh Fruit | Wholegrain Cereal and Milk<br><br>Seasonal Fresh Fruit  | Carrot Muffins<br><br>Seasonal Fresh Fruit   | Un-sweetened Applesauce<br><br>Rice Cakes   | Wholegrain Cereal and Milk<br><br>Seasonal Fresh Fruit   |
|                     | Water   | Water   | Water  | Water   | Water  |
| <b>Lunch</b>        | Butternut Squash Macaroni and Cheese<br><br>Mixed Vegetables            | Turkey and Cucumber Sandwiches on Whole-wheat Bread<br>Cheese and Cucumber Sandwiches<br><br>Carrot Salad | Tuna and Veggie Pasta Salad<br><br>Chickpea and Veggie Pasta Salad<br><br>Broccoli | BBQ Chicken and Cheese Quesadillas<br><br>BBQ Cheese and Bean Quesadillas<br><br>Garden Salad | Chefs Choice Menu<br><br>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  | Seasonal Fresh Fruit  | Seasonal Fresh Fruit   | Seasonal Fresh Fruit  | Seasonal Fresh Fruit   |
|                     | Milk  | Milk  | Milk   | Milk  | Milk   |
| <b>PM<br/>Snack</b> | Chocolate Hummus<br>Apple Slices<br>Pita Bread                          | Oatmeal Cookie<br><br>Seasonal Fresh Fruit  | Crackers<br>Cheese Cubes<br>Pineapple Tidbits                                      | Bagels with Cinnamon Cream Cheese<br>Apple Slices   | Blueberry Muffins<br><br>Seasonal Fresh Fruit  |
|                     | Water   | Water   | Water  | Water   | Water  |

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