



**MENU: WEEK 1**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING SNACK</b>	Assorted Cereal Fruit	Yogurt & Granola Fruit	Bagel Cream Cheese Fruit	Pancakes Fruit	Muffins Fruit
<b>MID MORNING SNACK</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>LUNCH</b>	Spaghetti Red Lentil Sauce Caesar Salad Bread Milk Fruit	Ham Mashed potatoes Carrots Bread Milk Fruit	Shepherd's Pie Garden Salad Bread Milk Fruit	Turkey Wraps Pesto Pasta Salad Cucumbers Milk Fruit	Chicken Brown Rice Broccoli Bread Milk Fruit
<b>AFTERNOON SNACK</b>	Vanilla Pudding Bananas	Hummus Cucumbers Naan Bread Fruit	Assorted Veggies Dip Fruit	Tortilla Chips Salsa Fruit	Cheese Pickles Crackers Fruit

Canada's Food Guide encourages us to make water our drink of choice, have plenty of vegetables and fruits (one half of the plate) eat protein foods (one quarter of plate) and to choose whole grain foods (one quarter of plate).

NOTES:



**MENU: WEEK 2**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING SNACK</b>	Assorted Cereal Fruit	Yogurt & Berries	Fruit Muffin Fruit	English Muffins Jam Fruit	French Toast Fruit
<b>MID MORNING SNACK</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>LUNCH</b>	Beef Meatballs in Gravy Brown Rice Corn Bread Milk Fruit	Ham & Cheese Pinwheels Cucumber Pasta Salad Milk Fruit	Penne Pasta with Ground Beef Tomato Sauce Caesar Salad Bread Milk Fruit	Pizza Garden Salad Milk Fruit	Chicken Roasted Potatoes Vegetable Medley Bread Milk Fruit
<b>AFTERNOON SNACK</b>	Loaf Fruit	Cheese Pickles Crackers Fruit	Tortilla Chips Salsa Fruit	Assorted Veggies Dip Fruit	Oatmeal Cookies Apple Sauce Fruit

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NOTES:



**MENU: WEEK 3**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING SNACK</b>	Assorted Cereal Fruit	Yogurt & Granola Fruit	Pancakes Fruit	Bagel Cream Cheese Fruit	Fruit Muffins Fruit
<b>MID MORNING SNACK</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>LUNCH</b>	Quesadilla & Salsa Brown Rice Corn Milk Fruit	Tomato Soup Grilled Cheese Crackers Cucumbers Milk Fruit	Mac & Cheese Carrots Bread Milk Fruit	Vegetable Lasagna Caesar Salad Bread Milk Fruit	Turkey Meatballs Brown Rice Broccoli Bread Milk Fruit
<b>AFTERNOON SNACK</b>	Cheese Pickles Crackers Fruit	Assorted Veggies Dip Fruit	Oatmeal Cookies Apple Sauce Fruit	Hummus Cucumbers Naan Bread Fruit	Frozen Yogurt Fruit

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NOTES:



**MENU: WEEK 4**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING SNACK</b>	Assorted Cereal Fruit	Apple Sauce Toast Fruit	French Toast Fruit	English Muffins Jam Fruit	Yogurt Fruit
<b>MID MORNING SNACK</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>LUNCH</b>	Chicken Tenders Buttered Noodles Caesar Salad Bread Milk Fruit	Meat Loaf Potatoes Peas Bread Milk Fruit	Mini Turkey Burgers Potatoes Garden Salad Milk Fruit	Chicken Alfredo Pasta Broccoli Bread Milk Fruit	Pizza Caesar Salad Milk Fruit
<b>AFTERNOON SNACK</b>	Loaf Fruit	Fruit Yogurt Graham Crackers Fruit	Tortilla Chips Salsa Fruit	Assorted Veggies Dip Fruit	Cheese Pickles Crackers Fruit

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