



MENU: WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Assorted Cereal Milk Fruit	Fruit Muffins/Loaf Fruit	Bagel Cream Cheese Fruit	Pancakes Fruit	Yogurt Fruit
MID MORNING SNACK	Fruit	Fruit	Fruit	Fruit	Fruit
LUNCH	Spaghetti Red Lentil Sauce Garden Salad Fruit Milk Bread	Chicken Stir Fry Brown Rice Fruit Milk Bread	Shepherd's Pie Garden Salad Fruit Milk Bread	Vegetable soup Ham Sandwich Crackers Cucumbers Fruit Milk	Chicken Potatoes Broccoli Fruit Milk Bread
AFTERNOON SNACK	Cracker Cheese Pickles Fruit	Hummus Assorted Veggies Naan Bread Fruit	Assorted Veggies Dip Fruit	Tortilla Chips Salsa Fruit	No-Bake Toasted Oat Granola Bars 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	French Toast Fruit	Assorted Cereal Fruit Milk	Savory Muffin/Loaf Fruit	Oatmeal Fruit	Yogurt Fruit
MID MORNING SNACK	Fruit	Fruit	Fruit	Fruit	Fruit
LUNCH	Chicken Stew Fruit Milk Bread	Penne Pasta with Sausage Tomato Sauce Garden Salad Fruit Milk Bread	Ham Mashed Potatoes Carrots Fruit Milk Bread	Vegetable Chili Fruit Milk Bread	Tomato Macaroni Soup Grilled Cheese Crackers Cucumbers Fruit Milk
AFTERNOON SNACK	Muffins Fruit	Apple Crisp Fruit	Crackers Cheese Pickles Fruit	Assorted Veggies Dip Fruit	Oatmeal Cookies Fruit

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NOTES:



MENU: WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Yogurt Fruit	Boiled Eggs Toast Fruit	Bagel Cream Cheese Fruit	Assorted Cereal Milk Fruit	Fruit Muffins Fruit
MID MORNING SNACK	Fruit	Fruit	Fruit	Fruit	Fruit
LUNCH	Quesadilla Garden Salad Fruit Milk	Chicken Noodle Soup Ham Sandwich Crackers Cucumbers Fruit Milk	Mac & cheese Garden Salad Fruit Milk Bread	Vegetable Lasagna Garden Salad Fruit Bread Milk	Turkey Meatballs Brown Rice Broccoli Bread Fruit Milk
AFTERNOON SNACK	Cheese Crackers Pickles Fruit	Apple Sauce Scone Fruit	Frozen Yogurt Fruit	Tortilla Chips Hummus Fruit	Vegetables and Dip Fruit

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NOTES:



MENU: WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Assorted Cereal Milk Fruit	Apple Sauce Toast Fruit	Boiled Eggs Toast Fruit	English Muffin Jam Fruit	Yogurt Fruit
MID MORNING SNACK	Fruit	Fruit	Fruit	Fruit	Fruit
LUNCH	Pasta Alfredo Sauce Chicken Garden Salad Bread Fruit Milk	Turkey Burger Mini Slider Buns Potatoes Garden Salad Fruit Milk	Pizza Mixed Vegetable Sticks Fruit Milk	Chicken & Rice Soup Grilled Cheese Sandwich Crackers Cucumbers Fruit Milk	Meat Loaf Potatoes Peas Bread Fruit Milk
AFTERNOON SNACK	Loaf/Muffin Fruit	Trail Mix Fruit	Tortilla chips Salsa Fruit	Vegetables and Dip Fruit	Cheese Pickles Crackers Fruit

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