

THROUGH THE YEARS EARLY LEARNING CENTRE

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Shreddies cereal squares Cantaloupe Milk	Yogurt Honeydew melon Water	Apple slices with yogurt dip Water *Infants – minced apples	Banana Whole grain Life cereal Water	Tea biscuits with fruit puree Kiwi Water
LUNCH	Tuna Melts -WW English muffins -Tuna -Mayo -Shredded mozzarella Broccoli & raisin salad Pudding Milk *Infants: softened carrots & broccoli	Macaroni & Cheese Bake -WW macaroni -Light cheddar cheese -Pureed cauliflower Applesauce Milk	Multigrain Chicken Nuggets Mashed potatoes Corn niblets & carrots Orange slices Milk	Shepherd's Pie -Lean ground beef -Ground flax seed -Corn, peas & carrots -Mashed potatoes Peaches Milk	Vegetarian Chili -Lentils -Kidney beans -Tomato sauce -Broccoli -Carrots Slice of WW bread Fruit crisp Milk
P.M. SNACK	Homemade pumpkin, banana or zucchini bread Orange juice *Infants: diced oranges	Plain rice cakes Wow butter Cucumber coins Water	Veggie sticks WW crackers Honey Water *Infants – fruit puree instead of honey	Cheese cubes Grapes Water *Infants – berries instead of grapes	Whole grain cereal Melon Water

I have followed the Food & Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition

Note: Juices are 100% pure juice from concentrate. Homogenized milk is served to children under 24 months; all other ages receive 2%. Breads and crackers are whole wheat or whole grain. Raw vegetables like carrot, celery, turnip are boiled to soften for infants. Serving sizes are consistent with Canada's Food Guide.

Signature: _____ Date: _____