

THROUGH THE YEARS EARLY LEARNING CENTRE

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Oatmeal with milk and honey Blueberries Water *Infants: no honey	Toast with honey Peaches Water *Infants – fruit puree instead of honey	Frozen Fruit yogurt tubes Frosted ww cereal squares Water *Infants – Life cereal	Whole grain cereal with Milk Banana coins Water	Orange slices Sea salt crispbread with cream cheese topping Water
LUNCH	Wow Butter & Fruit Puree Sandwiches -WW bread -Wow butter -Fruit Puree Carrot & celery sticks Dip Pears Milk	Pineapple Chicken -Chicken -Pineapple tidbits WW rice Yogurt Milk	Ham & Cheese Wraps -Lean ham slices -WW wrap -Cream cheese Veggie sticks Mandarin oranges Milk *Infants – WW bread instead of wraps	Homemade Baked Beans Sodium Reduced Fish Cake Peas Pineapple Milk	Italian Casserole -WW rice -Tomato basil soup -Lean ground beef -Green peppers -WW bread Applesauce Milk
P.M. SNACK	Banana, zucchini or pumpkin bread Apple juice *Infants: no juice, minced apples	WW crackers Turnip sticks & cucumber slices Cheese cubes Water	Apples with Wow butter Water	Blueberry salsa WW crackers Water	Whole grain goldfish crackers Dried unsweetened cranberries Water *Infants: bananas instead of cranberries

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, hard vegetables like carrot, celery, turnip are boiled to soften for infants. Serving sizes are consistent with Canada's Food Guide.

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

Signature: _____ Date: _____