

# THROUGH THE YEARS EARLY LEARNING CENTRE

## Week 1 SUMMER MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Life or Corn bran cereal  Bananas  Water	WW Premium Plus crackers  Honey  Cucumber slices  Water  Infants under 12 months will have jam instead of honey	WW crisp snack bread  Cream cheese  Orange slices  Water	Whole grain Goldfish crackers  Watermelon  Water	Fruit Salad  Blueberry muffins  Water
<b>LUNCH</b>	<b>Wow Butter &amp; Jam sandwiches</b>  -WW sandwich bread  -Wow butter  -Jam  <b>Carrot sticks &amp; Broccoli Florets</b>  <b>Dip</b>  <b>Fruit yogurt</b>  <b>Milk</b>	<b>Chicken Salad on WW Pitas</b>  -Diced Chicken  -Mayo  -Lettuce  -Cheddar cheese  <b>Mandarins</b>  <b>Milk</b>	<b>Tuna Sandwich</b>  -Tuna  -WW bread  -Kale  -Tomato  <b>Apple slices</b>  <b>Milk</b>  *Infants – applesauce if not eating apples	<b>Spinach salad with Chicken</b>  -Baby spinach  -Diced chicken  -Tomatoes  -Carrot slivers  -WW Croutons  <b>-Balsamic Vinegar Dressing</b>  <b>Melon</b>  <b>Milk</b>	<b>Mini Pizzas</b>  -WW English muffins  -Pasta sauce  -Cooked minced onion  -Mozzarella  -Lean ground beef  <b>Banana coins</b>  <b>Milk</b>
<b>P.M. SNACK</b>	WW bagels  Cream cheese spread  Pears or Peaches  Water	Carrot Apple Muffins  Melon  Water	Triscuit crackers  Cucumber slices  Salsa Dip  Water	Swiss Cheese cubes  Grapes  Water  Infants: strawberries	Multigrain Baked Pita Crisps or Breton Veggie Baked crackers  Broccoli Florets  Hummus Dip  Water

Note: Homogenized milk is served to children under 24 months; all other ages receive 2%. Breads, crackers and baked items are whole wheat or whole grain. Raw vegetables like carrot and broccoli are boiled to soften for infants & toddlers.

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

Signature:

Date:

June 30, 2025