

**THROUGH THE YEARS DAY CARE & COMMUNITY CENTRE**

**Week 1**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>A.M. SNACK</b>	WW crackers Honey Cucumber slices Water	Whole grain cereal Fruit Water	Bran Crunch Wafers Apple slices Water *Infants – applesauce if not eating apples	Cottage cheese <b>Peaches</b> Water	Orange slices Whole grain Goldfish crackers Water
<b>LUNCH</b>	<b>Wow Butter &amp; Fruit Puree Sandwiches</b> -WW bread -Wow butter -Fruit Puree <b>Carrot &amp; turnip sticks</b> <b>Dip</b> <b>Pears</b> <b>Milk</b>	<b>Goulash</b> -Lean ground beef - whole grain macaroni - tomato sauce -minced broccoli and carrots <b>Yogurt</b> <b>Milk</b>	<b>Egg Frittata</b> -Egg -Spinach -Mozzarella cheese <b>WW toast</b> <b>Applesauce</b> <b>Milk</b>	<b>Homemade Baked Beans</b> <b>Sodium Reduced Fish Cake</b> <b>Peas</b> Pineapple <b>Milk</b>	<b>Assorted Meat Subs</b> -WW sub bun -Lean ham & lean turkey -Lettuce -Grated mozzarella cheese -Mayo <b>Fruit salad</b> <b>Milk</b>
<b>P.M. SNACK</b>	Frozen yogurt tube Banana Water *Infants – bowl of yogurt	Whole Grain Bagel Cream cheese Apple juice	Granola squares Orange juice	Carrot & apple muffins Water	Carrots & broccoli Dip Trail mix Water

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, cabbage, sweet potato are substituted with soft vegetables 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: \_\_\_\_\_