

THROUGH THE YEARS DAY CARE & COMMUNITY CENTRE

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Whole grain cereal Banana coins Milk	Yogurt Fruit Water	Apple slices with yogurt dip Bran crunch wafers Water *Infants – applesauce if not eating apples	Tea biscuits Fruit puree Water	Banana Whole grain cereal squares Water
LUNCH	WW Tuna sandwich -WW bread -Tuna -Mayo Broccoli & raisin salad Pudding Milk	Macaroni & Cheese Bake -WW macaroni -Light cheddar cheese -Pureed cauliflower Applesauce Milk	Multigrain Chicken Nuggets Hash brown potatoes Corn niblets & carrots Orange slices Milk	Shepherd's Pie -Lean ground beef -Ground flax seed -Corn -mashed potatoes Peaches Milk	Wow Butter and fruit puree sandwiches -WW bread -Wow butter and fruit puree Caesar Salad -romaine lettuce -homemade ww croutons -homemade bacon bits -caesar dressing Fruit crisp Milk
P.M. SNACK	Whole grain cereal chews Orange juice	Plain rice cakes Wow butter Cucumber coins Water	Veggie sticks WW crackers Honey Water *Infants – fruit puree instead of honey	Whole grain cereal Melon Water	Cheese cubes Grapes Water *Infants – bananas instead of grapes

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: _____