

THROUGH THE YEARS DAY CARE & COMMUNITY CENTRE

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Oatmeal Blueberries Water	Orange slices Multigrain Goldfish crackers Water	Frozen yogurt tubes Bran crunch wafers Water *Infants – top with blueberries	Toast with honey Peaches Water *Infants – fruit puree instead of honey	Whole grain cereal Banana Milk
LUNCH	Tuna Melts -WW english muffin -Tuna -Mayo -Shredded Mozzarella Cucumber slices Pudding Milk	Pineapple Chicken -Chicken -Pineapple tidbits WW rice Carrot sticks Yogurt Milk	Ham & Cheese Wraps -Lean ham slices -WW wrap -Cream cheese Veggie sticks Applesauce Milk *Infants – bowl of yogurt	Chicken Divan -Diced chicken -Egg noodles -Broccoli Pears Milk	Beef & Rice Pitas -WW pitas -WW rice -Tomato basil sauce -Lean ground beef -Green peppers Mandarin oranges Milk
P.M. SNACK	Mini rice cakes Dried cranberries Water	WW crackers Turnip sticks Cheese cubes Water	Apples with Wow butter Water	Blueberry salsa WW crackers Water	Banana bread Raisins 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: _____