

THROUGH THE YEARS EARLY LEARNING CENTRE

Week 1 FALL/WINTER/SPRING MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Life or Corn bran Cereal Bananas Water	WW Premium Plus Crackers Honey Cucumber Slices Water <small>*Infants: honey replaced by jam</small>	WW Crisp Snack Bread Cream Cheese Pineapple Water	Whole Grain Goldfish Crackers Melon Water	Seasonal Fruit Salad Blueberry muffins Water
LUNCH	Wow Butter & Jam Sandwiches -WW Sandwich Bread -Wow Butter -Jam Carrot Sticks & Broccoli Florets Dip Plain Yogurt with Honey Milk <small>*Infants: no honey</small>	German Goulash -Ground Turkey -Tomato Sause -WG Macaroni -Carrots and Broccoli Mandarins Milk	Mi'kmaq Three Sister's Soup -Squash, Corn & Beans Grilled Cheese sandwich -WW Bread -Cheddar Cheese Apple Slices Milk <small>*Infants –unsweetened applesauce if not eating apples</small>	Warm Quinoa Bowl (Vegan) -Quinoa -Chick Peas -Sweet Potato -Zucchini, Broccoli & Bell Peppers Unsweetened Applesauce Milk	Mini Pizzas -WW English muffins -Pasta Sauce -Lean Ground Beef with onions and green peppers -Mozzarella cheese Banana Coins Milk
P.M. SNACK	WW Bagels Cream Cheese Spread Orange Slices Water	Carrot Apple Muffins Melon Water	Triscuit Crackers Cucumber Slices Salsa Dip Water	Marble Cheese cubes Grapes Water Infants: strawberries instead of grapes	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. Water accompanies all snacks and meals and is available at all times throughout the day.

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

Signature: _____

Date: _____

Mary L. [Signature]

October 6, 2025

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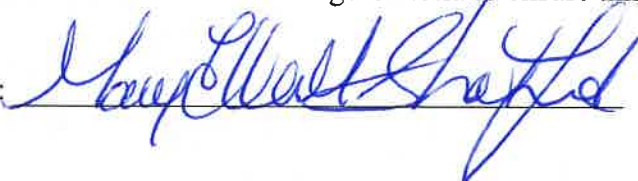
Week 2 FALL/WINTER/SPRING MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Plain Yogurt Parfait with Blueberries Water	Cottage Cheese & Unsweetened Applesauce Water	WG Cereal with Milk Diced Strawberries Water	WW Scones with Jam Kiwi Water	Cheddar Cheese Cubes Apple Slices Water *Infants: unsweetened applesauce if not eating apples
LUNCH	African Jollof Rice -WW rice -Tomatoes, Onions & Peppers -Mozzarella Cheese cubes Seasonal Fruit Milk	Spaghetti -WW Spaghetti -Lean Ground Beef -Pasta Sauce with Onions -Broccoli Florets Pears Milk	Chicken Divan -Egg Noodles -Diced Chicken -Green Beans Mandarins Milk	Tuna Melts -WW English Muffin -Tuna -Mozzarella Cheese Broccoli Salad Pineapple Milk	Wow Butter & Banana Roll Ups -WW Wrap -Wow Butter -Banana Cucumber slices Milk
P.M. SNACK	Plain rice cakes Wow Butter Cucumber Slices Water	Banana, Zucchini or Pumpkin Bread Orange Slices Water	Multigrain Goldfish Crackers Melon Water	Trail Mix (over 4s with raisins and, under 4s fresh blueberries) Water	Wheat Thins or Triscuit Crackers Hummus Dip Carrot Sticks Water

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Week 3 FALL/WINTER/SPRING MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Oatmeal Bran Muffin with Chopped Dates Water	Hot Oatmeal with Milk & Pureed Fruit Water <small>*Infants: grapes replaced by kiwi slices</small>	Marble Cheese Cubes Harvest Whole Grain Crackers Bell Pepper Sticks Water	Toast with Honey Banana Coins Water <small>*Infants: honey replaced by jam</small>	Multigrain O shaped cereal Grapes Water
LUNCH	Caribbean Chick Pea & Vegetable Curry with Rice (Vegan) -WW Rice -Chickpeas -Carrots, Peas & Potatoes Diced Peaches Milk	Mexican Taco Salad -Lean Ground Beef -WW Tortilla Wrap -Romaine Lettuce -Tomato -Grated Cheddar Cheese Mandarins Milk	Tomato Vegetable Lentil Soup -Lentils -Mixed Vegetables -Pureed Spinach -Tomato Sauce -WW Pita Bread Wedges Apple Slices Milk <small>*Infants –unsweetened applesauce if not eating apples</small>	Haddock Bake -Fresh Haddock Filets -WW Rice -Mixed Vegetables & Lentils Orange Slices Milk	Wow Butter & Jam Sandwiches -WW Bread -Wow Butter -Jam -Carrot Sticks & Broccoli Florets Plain Yogurt with Blueberries Milk
P.M. SNACK	Blueberry & Apple Salsa WW Premium Plus Crackers Water	German Apple Cinnamon Muffins Carrot Sticks Water	Triscuit Crackers Salsa Cucumber Slices Water	African Sweet Potato Bread Apple Slices Water	Wholegrain Goldfish Crackers Melon Water

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Cheryl L. Taylor
October 6, 2025

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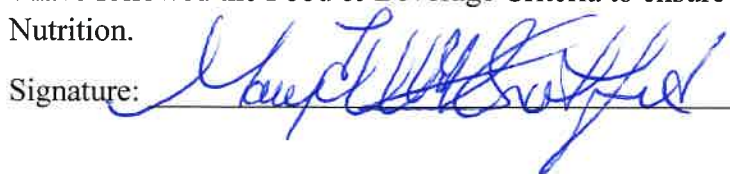
Week 4 FALL/WINTER/SPRING MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Multigrain O shaped Cereal Apple Slices Water *Infants: Unsweetened applesauce if not eating apples	Tea Biscuits with Jam Plain Yogurt with Pureed Fruit Water	Hot Oatmeal with Milk & Blueberries Water	Trail Mix (over 4s with dried cranberries, under 4s with fresh blueberries) Water	WW Toast with Mashed Banana Topping Water
LUNCH	Tex-Mex Homemade Beef & Black Bean Burger -Lean Ground Beef -Black Beans -Diced Romaine Lettuce & Tomato -WW Bun Sweet Potato Fries Seasonal Fruit Milk	Homemade Macaroni & Cheese Bake -WW Macaroni -Cheddar Cheese -Pureed Cauliflower Unsweetened Applesauce Milk	Homemade Baked Beans Fish Cakes Green Peas Pears Milk	English Cottage Pie -Lean Ground Beef -Ground Flax Seed -Green Beans -Mashed Potato Fruit Salad Milk	Chicken salad Pita Pockets -WW Pita -Diced Chicken -Mayonnaise -Diced Spinach -Shredded Cheddar Cheese Plain Yogurt with Honey Milk *Infants: no honey
P.M. SNACK	WG Crackers Vegetable Sticks Ranch Dip Water	Triscuit Crackers Broccoli Florets Hummus Dip Water	WW Pita Triangles Mediterranean Roasted Red Pepper Dip Cucumber slices Water	Banana, Zucchini or Pumpkin Bread Orange slices Water	Apple Slices with Wow Butter Dip Water

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