

THROUGH THE YEARS EARLY LEARNING CENTRE

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	WW cracker Fruit puree Melon Water	Whole grain cereal squares Pineapple Water	Fruit salad Zucchini, banana or pumpkin bread Water	WW English muffins Wow butter Grapes Water Infants: strawberries	Cottage cheese & applesauce
LUNCH	Chicken Salad Pita Pockets -Diced chicken -Lettuce, tomato and grated cheddar cheese -WW pita Mandarins Milk Infants: bread in place of pita	Tomato Vegetable Lentil Soup -Lentils -Mixed vegetables -Tomatoes Grilled cheese sandwiches -WW Bread -Cheddar cheese Seasonal fruit Milk	Spaghetti -WW spaghetti -Lean ground beef -Pasta sauce -Onions, celery & carrot puree Apple slices Milk *Infants – applesauce if not eating apples	Haddock Bake -Fresh haddock filets -Whole grain rice -Mixed vegetables -Cream of mushroom soup Applesauce Milk	Mini Pizzas -WW english muffins -Pasta sauce -Mozzarella -Lean ground beef Tossed salad -Romaine lettuce, tomatoes, broccoli, cucumber, shredded carrot, salad dressing Banana coins Milk
P.M. SNACK	Carrot & Apple muffins Apple slices Water	Multigrain bagel Cream cheese Orange juice Infants: no juice, diced oranges	Veggie platter & dip Cheddar cheese cubes Water	HM bits & bites Orange slices Water *Infants – no raisins in bits & bites School Age- Air popped popcorn (no bits and bites)	Corn Bran cereal squares Raisins Water *Infants – Kiwi instead of raisins & MG Cheerios instead of Corn Bran cereal

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

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 are boiled to soften for infants. Serving sizes are consistent with Canada's Food Guide.

Signature: _____ Date: _____