

THROUGH THE YEARS EARLY LEARNING CENTRE

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	WW crackers Honey Cucumber slices Water	Whole grain cereal squares Fruit Water	Multigrain Cheerios Apple slices Water *Infants – applesauce if not eating apples	Cottage cheese Applesauce Water	Orange slices WW English muffins Wow butter Water
LUNCH	Tuna Melts -WW english muffin -Tuna -Mayo -Shredded Mozzarella Broccoli florets Pudding Milk	Goulash -Lean ground beef - Whole grain macaroni - Tomato sauce -Minced broccoli and carrots Yogurt Milk	Multigrain Chicken Nuggets Hash Brown potatoes Mixed vegetables Peaches Milk	Chicken Divan -Diced chicken -Egg noodles -Broccoli Pears Milk	Assorted Meat Subs -WW bun -Lean ham & lean turkey -Lettuce -Grated mozzarella cheese -Mayo Fruit salad Milk
P.M. SNACK	Carrot & Turnip Dip Trail mix Water	Triscuit crackers Cucumber slices Salsa Water Infants: WW crackers & fruit puree	Homemade blueberry wheat germ muffins Orange juice Infants: no juice, cubed oranges	Whole Grain Bagel Cream cheese Apple juice Infants: no juice, diced apples	Frozen Fruit Yogurt Tube Banana Water Infants: fruit yogurt

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.

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

Signature: _____ Date: _____