

## THROUGH THE YEARS DAY CARE & COMMUNITY CENTRE

### Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	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 Peaches Water	Orange slices Bran crunch wafers Water
<b>LUNCH</b>	<b>Wow Butter &amp; Fruit Puree Sandwiches</b> -WW bread -Wow butter -Fruit Puree <b>Carrot &amp; turnip sticks</b> <b>Dip</b> <b>Pears</b> <b>Milk</b>	<b>Goulash</b> -Lean ground beef - whole grain macaroni - tomato sauce -minced broccoli and carrots <b>Yogurt</b> <b>Milk</b>	<b>Egg Frittata</b> -Egg -Spinach -Mozzarella cheese -Corn niblets <b>WW toast</b> <b>Applesauce</b> <b>Milk</b>	<b>Homemade Baked Beans</b> <b>Sodium Reduced Fish Cake</b> <b>Peas</b> Pineapple <b>Milk</b>	<b>Assorted Meat Subs</b> -WW sub bun -Lean ham & lean turkey -Lettuce -Grated mozzarella cheese -Mayo <b>Fruit salad</b> <b>Milk</b>
<b>P.M. SNACK</b>	Frozen yogurt tube Banana Water	Carrot & apple muffins Water	Homemade granola squares Orange juice	Whole Grain Bagel Cream cheese Apple juice	Carrots & broccoli Dip Trail mix 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, 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: \_\_\_\_\_