

**THROUGH THE YEARS EARLY LEARNING CENTRE**

**Week 2**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>A.M. SNACK</b>	WW cracker Fruit puree Melon Water	Cinnamon streusel coffee cake  Pineapple  Water	Fruit salad  Zucchini, banana or pumpkin bread  Water	WW English muffins  Wow butter  Grapes Water Infants: strawberries	Boiled egg Rice Crackers Apple juice Infants: no juice, diced apples Toddlers: cottage cheese & applesauce
<b>LUNCH</b>	<b>Chicken Salad Pita Pockets</b>  -Diced chicken  -Lettuce, tomato and grated cheddar cheese  -WW pita  <b>Mandarins</b>  <b>Milk</b>  Infants: bread in place of pita	<b>Tomato Vegetable Lentil Soup</b>  -Lentils  -Mixed vegetables  -Tomatoes  <b>Grilled cheese sandwiches</b>  -WW Bread  -Cheddar cheese  <b>Seasonal fruit</b>  <b>Milk</b>	<b>Spaghetti</b>  -WW spaghetti  -Lean ground beef  -Pasta sauce  -Onions, celery & carrot puree  <b>Apple slices</b>  <b>Milk</b>  *Infants – applesauce if not eating apples	<b>Haddock Bake</b>  -Fresh haddock filets  -Whole grain rice  -Mixed vegetables  -Cream of mushroom soup  <b>Applesauce</b>  <b>Milk</b>	<b>Mini Pizzas</b>  -WW english muffins  -Pasta sauce  -Mozzarella  -Lean ground beef  <b>Tossed salad</b>  -Romaine lettuce, tomatoes, broccoli, cucumber, shredded carrot, salad dressing  <b>Banana coins</b>  <b>Milk</b>
<b>P.M. SNACK</b>	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: \_\_\_\_\_