

**THROUGH THE YEARS DAY CARE & COMMUNITY CENTRE**

**Week 3**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>A.M. SNACK</b>	WW cereal Shreddies squares  Banana coins  Milk	Yogurt  Fruit  Water	Apple slices with yogurt dip  Bran crunch wafers  Water  *Infants – applesauce if not eating apples	Tea biscuits  Fruit puree  Water	Banana  Whole grain Life cereal squares  Water
<b>LUNCH</b>	<b>WW Tuna sandwich</b>  -WW bread  -Tuna  -Mayo  <b>Broccoli &amp; raisin salad</b>  <b>Pudding</b>  <b>Milk</b>	<b>Macaroni &amp; Cheese Bake</b>  -WW macaroni  -Light cheddar cheese  -Pureed cauliflower  <b>Applesauce</b>  <b>Milk</b>	<b>Multigrain Chicken Nuggets</b>  <b>Hash brown potatoes</b>  <b>Corn niblets &amp; carrots</b>  <b>Orange slices</b>  <b>Milk</b>	<b>Shepherd's Pie</b>  -Lean ground beef  -Ground flax seed  -Corn  -mashed potatoes  <b>Peaches</b>  <b>Milk</b>	<b>Wow Butter and fruit puree sandwiches</b>  -WW bread  -Wow butter and fruit puree  <b>Caesar Salad</b> -romaine lettuce -homemade ww croutons -homemade bacon bits -caesar dressing  <b>Fruit crisp</b>  <b>Milk</b>
<b>P.M. SNACK</b>	Whole grain cereal chews  Orange juice	Plain rice cakes  Wow butter  Cucumber coins  Water	Veggie sticks  WW crackers  Honey  Water  *Infants – fruit puree instead of honey	Whole grain cereal  Melon  Water	Cheese cubes  Grapes  Water  *Infants – bananas instead of grapes

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: \_\_\_\_\_