

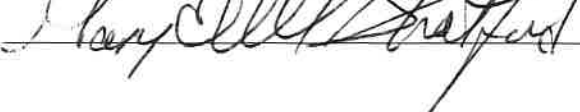
THROUGH THE YEARS EARLY LEARNING CENTRE

Week 2 SUMMER 2025 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Yogurt Parfait with blueberries Water	Blueberry & Apple salsa WW crackers Water	Cheerios or Shreddies cereal Diced Strawberries Milk Water	WW scones Applesauce Water	Cheddar cheese cubes Apple slices Water *Infants- applesauce for any infants unable to eat apples
LUNCH	Chicken Salad Sandwiches -WW Bread -Diced chicken -Mayo -Shredded Cheddar Chick Pea & Cucumber Salad Peaches Milk	Grilled Cheese Sandwiches -WW bread -Cheddar cheese Bell pepper sticks with Ranch dip Pears Milk	Tuna Melts -Tuna -WW English muffin -Mozzarella cheese Broccoli florets Applesauce Milk	Taco Salad -Lettuce -Ground Hamburg -Tomato -Grated Cheddar Cheese -WW Tortilla Wrap Pineapple Milk	Wow Butter & Banana Wraps -Wow butter -WW wrap -Banana Cucumber slices Fruit Yogurt Milk
P.M. SNACK	Rice cakes with Wow Butter Bananas	Banana, Zucchini or Pumpkin Bread Orange slices Water	Mini Wheats Melon Water	Spinach & Garlic Wheat Thins or Balsamic Vinegar Triscuits Hummus Dip Carrot Sticks Water	Bits & Bites (4+ year olds with raisins and dried cranberries, under 4 years old with kiwi slices) Water

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

Note: Homogenized milk is served to children under 24 months; all other ages receive 2%. Breads, crackers and baked items are whole wheat or whole grain. Raw vegetables like carrot and broccoli are boiled to soften for infants & toddlers.

Signature:  Date: June 30, 2025