

Ganaraska Child Care Centre Inc
Summer Menu Plan
Spring /Summer2020

Week 1 of 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack*	Cereal with milk	Oatmeal with Apple Slices	Cereal with Milk	Toast with Wow Butter	Cereal with Milk
*Morning Snack is served with water daily					
Lunch*	Meatball Brown rice Cooked Carrots Apples	Sandwiches Corn Tortilla Raw Veggies Grapes	Macaroni and cheese with ham Broccoli and cauliflower Kiwi fruit	Chicken Caesar wraps Raw Veggies Apple sauce	Hot dogs coleslaw Cantaloupe
Meat and/or Alternatives	Beef Meatballs	Egg, Wow butter & Jam	Ham	Chicken	All beef hot dogs
Vegetables and/or Fruits	Cooked Carrots	Grapes	Broccoli, Cauliflower	Carrots Celery Peppers Apple Sauce	Cabbage , carrots cantaloupe
Grain Products	Brown Rice	Whole Wheat Bread Whole Wheat Corn Tortillas	Whole wheat pasta	Whole grain tortillas	Whole grain hotdog buns
Milk and/or Alternative	Milk	Milk Cheddar Cheese Slices	Milk	Milk	Milk
Other Foods	Sweet & sour sauce	jam		Caesar dressing	
*Lunch is served with Milk daily					
Afternoon Snack*	Yogurt and Granola	Cheese and Crackers	Hummus & Crackers	Banana and Apples with Yogurt dip	Popcorn (older children only) Dry cereal mix
Afternoon Snack is served with seasonal fresh fruit and water					