

Dear Parents/Guardians,

Please let us know if your child has any allergies or food restrictions so that we can accommodate food substitutions. Our center is a **peanut/tree nut free** facility.

Thank you,

St. Alphonsus Child Care Center

ST. ALPHONSUS CHILD CARE CENTER – MENU WEEK 1

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>AM SNACK</b></p> <p>Milk and Cereal Seasonal Fresh Fruit</p>	<p><b>AM SNACK</b></p> <p>Waffles with Syrup Water/Milk Seasonal Fresh Fruit</p>	<p><b>AM SNACK</b></p> <p>English Muffin with Jam Water/Milk Seasonal Fresh Fruit</p>	<p><b>AM SNACK</b></p> <p>Crackers with Cream Cheese Water/Milk Seasonal Fresh Fruit</p>	<p><b>AM SNACK</b></p> <p>Fruit Flavoured Yogurt</p>
<p><b>LUNCH</b></p> <p>Chicken with Rice &amp; Tomato Sauce Steamed Carrot Sticks Whole Grain Bread with Butter Milk/Water Seasonal Fresh Fruit</p>	<p><b>LUNCH</b></p> <p>Meatloaf with Mashed Potatoes Steamed Broccoli Whole Grain Bread with Butter Milk/Water Seasonal Fresh Fruit</p>	<p><b>LUNCH</b></p> <p>Vegetable soup and Turkey Sandwiches Sweet Bell Peppers Milk/Water Seasonal Fresh Fruit</p>	<p><b>LUNCH</b></p> <p>Pasta with Meat Sauce Mixed Vegetables Whole Grain Bread with Butter Milk/Water Seasonal Fresh Fruit</p>	<p><b>LUNCH</b></p> <p>Seasoned Rice with Fish Sticks Steamed Cauliflower Whole Grain Bread with Butter Milk/Water Seasonal Fresh Fruit</p>
<p><b>PM SNACK</b></p> <p>Fruit Flavoured Jello Milk/Water</p>	<p><b>PM SNACK</b></p> <p>Digestive Cookies Seasonal Fresh Fruit Milk/Water</p>	<p><b>PM SNACK</b></p> <p>Cinnamon Bread Seasonal Fresh Fruit Milk/Water</p>	<p><b>PM SNACK</b></p> <p>Tuna Salad with Crackers Seasonal Fresh Fruit Milk/Water</p>	<p><b>PM SNACK</b></p> <p>Goldfish Crackers Seasonal Fresh Fruit Milk/Water</p>

ST. ALPHONSUS CHILD CARE CENTER – MENU WEEK 2

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK</b>  Milk and Cereal Seasonal Fresh Fruit	<b>AM SNACK</b>  Whole Wheat Bagel with Butter Water/Milk Seasonal Fresh Fruit	<b>AM SNACK</b>  Raisin Bread with Butter Water/Milk Seasonal Fresh Fruit	<b>AM SNACK</b>  Crackers with Cheese Water/Milk Seasonal Fresh Fruit	<b>AM SNACK</b>  Fruit Flavoured Yogurt
<b>LUNCH</b>  Legume Soup with Chicken Fingers Steamed Broccoli Milk/Water Seasonal Fresh Fruit	<b>LUNCH</b>  Chicken Burgers Baked French Fries Tomato Slices Milk/Water Seasonal Fresh Fruit	<b>LUNCH</b>  Shepherd's Pie Cucumbers Whole Grain Bread with Butter Milk/Water Seasonal Fresh Fruit	<b>LUNCH</b>  Spaghetti and Meatballs Mixed Vegetables Whole Grain Bread with Butter Milk/Water Seasonal Fresh Fruit	<b>LUNCH</b>  Seasoned Rice with Scrambled Egg Sweet Bell Peppers Whole Grain Bread with Butter Milk/Water Seasonal Fresh Fruit
<b>PM SNACK</b>  Animal Crackers Seasonal Fresh Fruit Milk/Water	<b>PM SNACK</b>  Cinnamon Bread Seasonal Fresh Fruit Milk/Water	<b>PM SNACK</b>  Lady Fingers Cookie Seasonal Fresh Fruit Milk/Water	<b>PM SNACK</b>  Pandesal with Butter Seasonal Fresh Fruit Milk/Water	<b>PM SNACK</b>  Banana Bread Seasonal Fresh Fruit Milk/Water

ST. ALPHONSUS CHILD CARE CENTER – MENU WEEK 3

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK</b>  Milk and Cereal Seasonal Fresh Fruit	<b>AM SNACK</b>  Toasted Whole Wheat Bread with Jam Water/Milk Seasonal Fresh Fruit	<b>AM SNACK</b>  Crackers with Cheese Water/Milk Seasonal Fresh Fruit	<b>AM SNACK</b>  Bagel with Cream Cheese Water/Milk Seasonal Fresh Fruit	<b>AM SNACK</b>  Fruit Flavoured Yogurt
<b>LUNCH</b>  Macaroni with Cheese and Turkey Sandwiches Tomato Slices Milk/Water Seasonal Fresh Fruit	<b>LUNCH</b>  Beef Stew and Mixed Vegetables with Seasoned Rice Whole Grain Bread with Butter Cucumber Milk/Water Seasonal Fresh Fruit	<b>LUNCH</b>  Pasta with Meat Sauce Steamed Cauliflower Whole Grain Bread with Butter Milk/Water Seasonal Fresh Fruit	<b>LUNCH</b>  Vegetable Soup with Baked Chicken Nuggets Steamed Broccoli Whole Grain Bread with Butter Milk/Water Seasonal Fresh Fruit	<b>LUNCH</b>  Seasoned Rice with Fish Sticks Mixed Vegetables Whole Grain Bread with Butter Milk/Water Seasonal Fresh Fruit
<b>PM SNACK</b>  Digestive Cookies Seasonal Fresh Fruit Milk/Water	<b>PM SNACK</b>  Goldfish Crackers Seasonal Fresh Fruit Milk/Water	<b>PM SNACK</b>  Mini Pizza Seasonal Fresh Fruit Milk/Water	<b>PM SNACK</b>  Tuna with Crackers Seasonal Fresh Fruit Milk/Water	<b>PM SNACK</b>  Fruit and Yogurt Smoothies Any Crackers

ST. ALPHONSUS CHILD CARE CENTER – MENU WEEK 4

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>AM SNACK</b></p> <p>Milk and Cereal Seasonal Fresh Fruit</p>	<p><b>AM SNACK</b></p> <p>Crackers with Cream Cheese Water/Milk Seasonal Fresh Fruit</p>	<p><b>AM SNACK</b></p> <p>Raisin Bread with Butter Water/Milk Seasonal Fresh Fruit</p>	<p><b>AM SNACK</b></p> <p>Pancakes with Syrup Water/Milk Seasonal Fresh Fruit</p>	<p><b>AM SNACK</b></p> <p>Fruit Flavoured Yogurt</p>
<p><b>LUNCH</b></p> <p>Spaghetti with Meat Sauce Mixed Vegetables Whole Grain Bread with Butter Milk/Water Seasonal Fresh Fruit</p>	<p><b>LUNCH</b></p> <p>Oven Roasted Chicken with Seasoned Rice Whole Grain Bread with Butter Steamed Carrot Sticks Milk/Water Seasonal Fresh Fruit</p>	<p><b>LUNCH</b></p> <p>Vegetable Soup with Chicken Nuggets Cucumber Slices Milk/Water Seasonal Fresh Fruit</p>	<p><b>LUNCH</b></p> <p>Meatloaf with Mashed Potatoes Sweet Bell Peppers Whole Grain Bread with Butter Milk/Water Seasonal Fresh Fruit</p>	<p><b>LUNCH</b></p> <p>Seasoned Rice with Scrambled Eggs Mixed Vegetables Whole Grain Bread with Butter Milk/Water Seasonal Fresh Fruit</p>
<p><b>PM SNACK</b></p> <p>Fruit Flavoured Jello Seasonal Fresh Fruit Milk/Water</p>	<p><b>PM SNACK</b></p> <p>Muffins Seasonal Fresh Fruit Milk/Water</p>	<p><b>PM SNACK</b></p> <p>Cinnamon Bread Seasonal Fresh Fruit Milk/Water</p>	<p><b>PM SNACK</b></p> <p>Cheese and Crackers Seasonal Fresh Fruit Milk/Water</p>	<p><b>PM SNACK</b></p> <p>Digestive Cookies Seasonal Fresh Fruit Milk/Water</p>

ST. ALPHONSUS CHILD CARE CENTER – MENU WEEK 5

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK</b>  Milk and Cereal Seasonal Fresh Fruit	<b>AM SNACK</b>  Whole Wheat Bread with Jam Seasonal Fresh Fruit Water/Milk	<b>AM SNACK</b>  Waffles with Syrup Seasonal Fresh Fruit Water/Milk	<b>AM SNACK</b>  English Muffin with Butter Water/Milk Seasonal Fresh Fruit	<b>AM SNACK</b>  Fruit Flavoured Yogurt
<b>LUNCH</b>  Chicken and Rice with Tomato Sauce Steamed Broccoli Whole Grain Bread with Butter Milk/Water Seasonal Fresh Fruit	<b>LUNCH</b>  Vegetable Soup with Turkey Sandwiches Steamed Carrot Sticks Milk/Water Seasonal Fresh Fruit	<b>LUNCH</b>  Pasta with Meat Sauce Steamed Cauliflower Whole Grain Bread with Butter Milk/Water Seasonal Fresh Fruit	<b>LUNCH</b>  Beef Stew with Mixed Vegetables & Seasoned Rice Sweet Bell Peppers Whole Grain Bread with Butter Milk/Water Seasonal Fresh Fruit	<b>LUNCH</b>  Seasoned Rice with Fish Sticks Cucumber Slices Whole Grain Bread with Butter Milk/Water Seasonal Fresh Fruit
<b>PM SNACK</b>  Animal Crackers Seasonal Fresh Fruit Milk/Water	<b>PM SNACK</b>  Crackers with Cheese Seasonal Fresh Fruit Milk/Water	<b>PM SNACK</b>  Mini Pizza Seasonal Fresh Fruit Milk/Water	<b>PM SNACK</b>  Tuna Salad with Crackers Seasonal Fresh Fruit Milk/Water	<b>PM SNACK</b>  Lady Fingers Seasonal Fresh Fruit Milk/Water