

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

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

ST. ALPHONSUS CHILD CARE CENTER – MENU WEEK 2

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|--|---|--|---|
| <b>AM SNACK</b><br><br>Milk and Cereal<br>Seasonal Fresh Fruit  | <b>AM SNACK</b><br><br>Whole Wheat Bagel with<br>Butter<br>Water/Milk<br>Seasonal Fresh Fruit                    | <b>AM SNACK</b><br><br>Raisin Bread with Butter<br>Water/Milk<br>Seasonal Fresh Fruit                                     | <b>AM SNACK</b><br><br>Crackers with Cheese<br>Water/Milk<br>Seasonal Fresh Fruit  | <b>AM SNACK</b><br><br>Fruit Flavoured Yogurt   |
| <b>LUNCH</b><br><br>Legume Soup with Chicken<br>Fingers<br>Steamed Broccoli<br>Milk/Water<br>Seasonal Fresh Fruit | <b>LUNCH</b><br><br>Chicken Burgers<br>Baked French Fries<br>Tomato Slices<br>Milk/Water<br>Seasonal Fresh Fruit | <b>LUNCH</b><br><br>Shepherd's Pie<br>Cucumbers<br>Whole Grain Bread with<br>Butter<br>Milk/Water<br>Seasonal Fresh Fruit | <b>LUNCH</b><br><br>Spaghetti and Meat Sauce<br>Mixed Vegetables<br>Whole Grain Bread with<br>Butter<br>Milk/Water<br>Seasonal Fresh Fruit | <b>LUNCH</b><br><br>Seasoned Rice with<br>Scrambled Egg<br>Sweet Bell Peppers<br>Whole Grain Bread with<br>Butter<br>Milk/Water<br>Seasonal Fresh Fruit |
| <b>PM SNACK</b><br><br>Bear Paws<br>Seasonal Fresh Fruit<br>Milk/Water  | <b>PM SNACK</b><br><br>Crackers with Cheese<br>Seasonal Fresh Fruit<br>Milk/Water                                | <b>PM SNACK</b><br><br>Digestive Cookies<br>Seasonal Fresh Fruit<br>Milk/Water  | <b>PM SNACK</b><br><br>Mini Pizza<br>Seasonal Fresh Fruit<br>Milk/Water  | <b>PM SNACK</b><br><br>Marble Cake<br>Seasonal Fresh Fruit<br>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><br><br>Milk and Cereal<br>Seasonal Fresh Fruit  | <b>AM SNACK</b><br><br>Toasted Whole Wheat<br>Bread with Jam<br>Water/Milk<br>Seasonal Fresh Fruit  | <b>AM SNACK</b><br><br>Crackers with Cheese<br>Water/Milk<br>Seasonal Fresh Fruit  | <b>AM SNACK</b><br><br>Bagel with Cream Cheese<br>Water/Milk<br>Seasonal Fresh Fruit   | <b>AM SNACK</b><br><br>Fruit Flavoured Yogurt   |
| <b>LUNCH</b><br><br>Macaroni with Cheese and<br>Turkey Sandwiches<br>Steamed Broccoli<br>Milk/Water<br>Seasonal Fresh Fruit | <b>LUNCH</b><br><br>Beef Stew and Mixed<br>Vegetables with Seasoned<br>Rice<br>Whole Grain Bread with<br>Butter<br>Cucumber<br>Milk/Water<br>Seasonal Fresh Fruit | <b>LUNCH</b><br><br>Pasta with Meat Sauce<br>Steamed Cauliflower<br>Whole Grain Bread with<br>Butter<br>Milk/Water<br>Seasonal Fresh Fruit | <b>LUNCH</b><br><br>Vegetable Soup with<br>Baked Chicken Nuggets<br>Steamed Broccoli<br>Whole Grain Bread with<br>Butter<br>Milk/Water<br>Seasonal Fresh Fruit | <b>LUNCH</b><br><br>Seasoned Rice with Fish<br>Sticks<br>Mixed Vegetables<br>Whole Grain Bread with<br>Butter<br>Milk/Water<br>Seasonal Fresh Fruit |
| <b>PM SNACK</b><br><br>Digestive Cookies<br>Seasonal Fresh Fruit<br>Milk/Water  | <b>PM SNACK</b><br><br>Goldfish Crackers<br>Seasonal Fresh Fruit<br>Milk/Water  | <b>PM SNACK</b><br><br>Mini Pizza<br>Seasonal Fresh Fruit<br>Milk/Water  | <b>PM SNACK</b><br><br>Tuna with Crackers<br>Seasonal Fresh Fruit<br>Milk/Water  | <b>PM SNACK</b><br><br>Fruit and Yogurt<br>Smoothies<br>Any Crackers  |

ST. ALPHONSUS CHILD CARE CENTER – MENU WEEK 4

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

ST. ALPHONSUS CHILD CARE CENTER – MENU WEEK 5

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