SECDCC Food Menu

Fruit, Vegetable and Grain List

A fruit and/or veg is offered with every snack and meal

Cereals: Bread: Crackers: Fruits:

Plain Cheerios 100% whole wheat bread Rice crackers Apple

Shreddies Whole wheat English muffins Sweet potato crackers Orange/clementines

Corn Bran Homemade ww pita chips Whole wheat saltines Banana

Rice Crispies Wholegrain bagels Wholegrain crackers Melon

Naan Blueberries

Watermelon

Veg: Raspberries

Broccoli Blackberries

Carrots Strawberries

Peppers Mango (frozen)

Tomato Grapes

Cucumber Kiwi

Snap peas

Green beans

Peas

Corn

Week 1 of 5

SECDCC Food Menu

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning Snack | Cereal, milk & fruit | Scrambled eggs, milk & fruit | English muffins, milk & fruit | Yogurt, granola, milk & fruit | Rice cakes, milk & fruit |
| Lunch | Beef chili, naan bread,  milk & veggies | Macaroni with cheese sauce,  milk & veggies | Grilled chicken, mashed potatoes,  milk & veggies | Grilled cheese, tomato soup,  milk & veggies | Fish, hashbrown,  milk & veggies |
| Afternoon Snack | Crackers, hummus, water & fruit | Homemade cookies, water & fruit | Homemade bits & bites, water & fruit | Bagels, water & fruit | Crackers, wow butter,  water & fruit |

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Safety

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 2 of 5

SECDCC Food Menu

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning Snack | Cereal, milk & fruit | Toast, boiled eggs, milk & fruit | English muffins, milk & fruit | Bagels, milk & fruit | Rice cakes, milk & fruit |
| Lunch | Spaghetti with tomato/sweet potato sauce  milk& veggies | Homemade chicken soup,  milk & veggies | Breaded chicken, rice  milk & veggies | Beef sliders with buns, milk & veggies | Vegetable spring rolls, rice, veggies & milk |
| Afternoon Snack | Toast, water & fruit | Homemade biscuits, water & fruit | Muffins  water & fruit | Crackers, wow butter, water & fruit | Homemade cookies,  water & fruit |

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Safety

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 3 of 5

SECDCC Food Menu

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning Snack | Cereal, milk & fruit | Yogurt, granola, fruit & milk | Scrambled eggs, milk & fruit | Cereal, milk & fruit | Rice cakes, milk & fruit |
| Lunch | Spaghetti with tomato sauce,  milk & veggies | Chicken/cheese subs, milk & veggies | Canadian goulash, milk & veggies | Cheese pizza  milk, & veggies | Chicken teriyaki, rice, milk & veggies |
| Afternoon Snack | Crackers, cheese, water & fruit | Bagels, fruit & water | Banana bread,  water & fruit | Pretzels with hummus,  fruit & water | Homemade cookies, fruit & water |

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Safety

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 4 of 5

SECDCC Food Menu

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning Snack | Cereal, milk & fruit | Toast, milk & fruit | English muffins, milk & fruit | Yogurt, granola fruit & milk | Rice cakes, milk & fruit |
| Lunch | Pasta with meat sauce, milk & veggies | Homemade chicken soup  milk & veggies | Chicken/cheese wraps  milk & veggies | Coconut curry, rice, milk & veggies | Wow butter, cheese, and/or egg sandwiches,  Milk & veggies |
| Afternoon Snack | Crackers, hummus,  water & fruit | Homemade muffins,  water & fruit | Crackers  water & fruit  (School group:  Fruit yogurt) | Bagels  water & fruit | Homemade cookies, water & fruit |

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Safety

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 5 of 5

SECDCC Food Menu

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning Snack | Cereal, milk & fruit | Hard boiled eggs, milk & fruit | English muffin, milk & fruit | Yogurt, granola, fruit & milk | Rice cakes, milk & fruit |
| Lunch | Spaghetti with tomato sauce, cheese,  milk & veggies | Chicken/cheese tacos, milk & veggies | Chicken alfredo pasta, milk and veggies | Beef meatballs, rice, milk & veggies | Chicken vegetable wontons, rice, milk & veggies |
| Afternoon Snack | Crackers, hummus,  water & fruit | Oatmeal cookies, water & fruit | Homemade quick bread, water & fruit | Crackers, wow butter, water & fruit | Homemade muffins, water & fruit |

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Safety

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_