

Weekly Menu – Week One (Fall and Winter)

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| AM Snack (2 food groups) | <ul style="list-style-type: none"> • Wholegrain Fish Crackers • Seasonal veggies or fruit | <ul style="list-style-type: none"> • Cheerios • Seasonal Fruit or veggies | <ul style="list-style-type: none"> • Seasonal Fruit Smoothie with Coconut Milk • Wholegrain Fish Crackers | <ul style="list-style-type: none"> • Wholegrain Fish Crackers • Seasonal veggies or fruit | <ul style="list-style-type: none"> • Wholegrain Crackers • Humus |
| Lunch (4 food groups) | <ul style="list-style-type: none"> • Ham/Turkey • Cheese • Bannock • Fruit | <ul style="list-style-type: none"> • Butter chicken with brown rice, zucchini • Yogurt • Seasonal fruit | <ul style="list-style-type: none"> • Tomato and meat sauce • Wholegrain pasta and vegetables • Cheese | <ul style="list-style-type: none"> • Perogy casserole with cheese and veggies • Sausage | <ul style="list-style-type: none"> • Make your own homemade tortilla pizzas (with tomato sauce and a choice of toppings – cheese and meat) • Seasonal Fruit |
| PM Snack (2 food groups) | <ul style="list-style-type: none"> • Muffins • Seasonal Fruit | <ul style="list-style-type: none"> • Wholegrain Crackers • Wow/nut butter | <ul style="list-style-type: none"> • Hummus • Wholegrain Crackers | <ul style="list-style-type: none"> • Wholegrain Toast • Seasonal fruit | <ul style="list-style-type: none"> • Raisin toast • Seasonal fruit |

FRUIT AND VEGETABLES
 GRAINS/CARBOHYDRATES
 PROTEIN
 DAIRY

Water is offered as a drink at snack times and lunch

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| AM Snack (2 food groups) | <ul style="list-style-type: none"> • Wholegrain Fish Crackers • Veggies or fruit | <ul style="list-style-type: none"> • Wholegrain Toast • Veggies or fruit | <ul style="list-style-type: none"> • Muffin • Seasonal Fruit or veggies | <ul style="list-style-type: none"> • Raisin Toast • Seasonal Fruit or veggies | <ul style="list-style-type: none"> • Cheerios • Seasonal Fruit or veggies |
| Lunch (4 food groups) | <ul style="list-style-type: none"> • Tuna fish/Chicken and cheese melt with whole grain toast • Fruit | <ul style="list-style-type: none"> • Chicken and vegetable noodle soup • Cheese Seasonal Fruit | <ul style="list-style-type: none"> • Teriyaki chicken with broccoli and carrots, and rice. • Yogurt • Seasonal Fruit | <ul style="list-style-type: none"> • Turkey tacos with tortillas and vegetables • Cheese • Seasonal Fruit | <ul style="list-style-type: none"> • Macaroni and Cheese with Ham and vegetables • Seasonal Fruit |
| PM Snack (2 food groups) | <ul style="list-style-type: none"> • Wow/nut butter • Apple slices | <ul style="list-style-type: none"> • Wholegrain Fish Crackers • Seasonal Fruit | <ul style="list-style-type: none"> • Wholegrain toast • Seasonal Fruit | <ul style="list-style-type: none"> • Cheerios • Seasonal Fruit | <ul style="list-style-type: none"> • Seasonal fruit smoothie with Coconut Milk and wow/nut butter |

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 PROTEIN
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