

Weekly Menu – Week One (Spring and Summer)

	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 toast • 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 • Berries 	<ul style="list-style-type: none"> • Chicken and Lettuce Wrap • Yogurt • Seasonal fruit 	<ul style="list-style-type: none"> • Tomato, tuna and Wholegrain Rice Salad • Yogurt 	<ul style="list-style-type: none"> • Wholegrain Crackers with cheese and veggies and Ham 	<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"> • Yogurt • 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,

Weekly Menu – Week Two (Spring and Summer)

	Monday	Tuesday	Wednesday	Thursday	Friday
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 whole grain sandwich • Seasonal Fruit 	<ul style="list-style-type: none"> • Cottage Cheese Salad with a slice of wholegrain bread • Yogurt • Seasonal Fruit 	<ul style="list-style-type: none"> • Hummus with Lettuce wrap • Yogurt 	<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 • Fruit 	<ul style="list-style-type: none"> • Seasonal fruit smoothie with Coconut Milk and wow/nut butter

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