

2022 WEEK ONE MENU Revised October 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Cheerios Cantaloupe Milk	WG Waffles & syrup Clementines Milk	Apple & Cinnamon Oatmeal Milk	WW Bagel with Butter Blueberries Milk	Scramble Eggs with Cucumber WG Toast Milk
Lunch	Chickpea Chowder with California Mixed Vegetables (Cauliflower, Carrots, Broccoli) Brown Rice, bread Milk Apples	Turkey Chilli with Kidney Beans, Onions, Mushroom Polenta, WW Tortilla Orange Peppers Milk Pears	Chicken Rice Soup, Carrots, Celery, onion Rice, Squash WW pasta WW crackers Honeydew Melon Milk	Jamaican Stew Beef With Parsnips& Carrots Brown Rice Green Beans WW bread Milk Oranges	Basa Fish Casserole with mushroom Carrots & Peas Fussili Pasta WW Bread Sticks Tomato & Cucumber Salad Cantaloupe Milk
Lunch Alternatives	N/A	Bean Chilli W onions and mushrooms Polenta, WW Tortilla Orange Peppers, Pears	Red Lentils with Onions, celery & carrots WW crackers Honeydew Melon	Ground soy with sautéed vegetables Brown Rice, Peppers Oranges	Macaroni in a cheesy tomato sauce w vegetable Sliced Tomato & Cucumber Cantaloupe
PM Snack	Sliced Turkey Breast Cheddar Cheese Low sodium (Arrow Root Infant) Triscuits Oranges	WOW butter sandwich on WW bread Bananas slices	WW English Muffins, Mini Pizza with Cheese & Tomato Sauce Cucumber	Plain Yogurt & Bananas and WW bread sticks	Homemade WW Carrot Loaf Apples Cheese
PM Late Snack	Fish Crackers	Melon	Apples	Watermelon	Peppers

We offer 2 to 2 ½ servings of (100-120grms) fruits and vegetables daily for each child and 1-2 (8 oz) servings of Milk 2% for Preschool children 3.5% for Infant & Toddlers
Water is available to all children at all meals and snacks. When possible, we use low fat yogurt, low fat cheddar cheese.

Mixed veggies include – broccoli, cauliflower and carrot or corn, green beans peas and

WW = Whole Wheat WG = Whole Grain MG = Multigrain

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Chex Cereal Banana Slices Milk	WW Baked English Muffin Cinnamon Butter Cantaloupe Milk	Oatmeal Blueberry Milk	MG Toast with Wow Butter Pears Milk	WG Pancakes Honeydew Melon Milk
Lunch	Red Lentils with Onions, celery & carrots WW Crackers Broccoli Honeydew Melon Milk	Chicken Alfredo WW Pasta, bread Green Peppers, Apples Milk	(Moqueca) Brazilian Fish Stew (Veggies- Onion, Green Peppers and tomato) Brown Rice Cauliflower Whole Wheat Bread Milk Cantaloupe	Beef Veggie Soup with Pearl Barley WW crackers Baked Squash Oranges Milk	Roasted Chicken with Mashed Potatoes and gravy Green Beans Dinner Rolls Apples Milk
Lunch Alternatives	N/A	Bolognese W veggies and soy protein	Mixed Veggies with Brown Rice	Ground veggie & mushroom soup with barley	Tofu with mixed veggies in tomato sauce & Orzo Pasta
PM Snack	Egg Salad with Pita Clementines	Cheddar Cheese Cubes Rice Crackers Strawberries	Arrowroot Chicken slices Apples	WW Tortilla with Hummus Cucumber Slices	WW Homemade Carrot Loaf Cheddar Cheese Bananas
Late Snack	Cucumbers	Orange Slices	Bananas	Goldfish Crackers	Apple Slices

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2022 WEEK THREE MENU Revised October 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Cheerios and Cantaloupe Milk	WW Grilled Toast Cheese Bananas Milk	Cinnamon Oatmeal Apples Milk	WW Bagel with butter banana Milk	Blueberries Mini Wheats Cereal Milk
Lunch	Veggie Minestrone Soup Rice, Turkey & Cheese Sandwiches on WW Bread Cucumber Slices Milk, Apples	Beef & Black Bean Spinach Taco (Lettuce, Tomatoes, Sour Cream & Cheddar Cheese) Whole Wheat Wraps Couscous Milk Oranges	Whole Wheat Macaroni and cheese with chicken breast Boiled Broccoli Milk Pears	Baked Breaded white fish Potato wedges green Coleslaw whole Wheat Bread Milk Cantaloupe	Lasagne with ground Turkey, Spinach & Veggies, Mozzarella & Ricotta Cheese carrot sticks Milk Watermelon
Lunch Alternative	Cheese sandwiches	Black Bean Veggie Tacos	Whole Wheat Cheese Pasta	Soy based Veggie burger	Veggie Lasagna with Mushrooms, Spinach
PM Snack	Greek Yogurt Rice Krispies Mixed Berries	Mini Pitas with Roast Chicken Slices Cheddar Cheese	Graham crackers Cottage cheese Raspberries	Naan with Spinach Dip and cucumbers	WW Homemade Zucchini Bread Cheddar Cheese Strawberries
PM Late Snack	Pears	Cucumbers	Oranges	Bananas	Trail mix Whole wheat cheerios Raisins Cranberries Shreddies cereal

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2022 WEEK FOUR MENU Revised October 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	Cantaloupe WG Chex Cereal Milk	Melon Cubes WW English Muffin Grilled Cheese Milk	Corn Flakes cereal oranges Milk	Toasted MG Bread Scramble Eggs Cucumbers Slices Milk	WG Pancakes with Mixed Berries Milk
Lunch	Brown Lentils With Onions, Tomatoes, Celery and Carrots Whole Wheat Crackers Red Peppers Oranges Milk	Turkey Bolognese with Spinach, Celery Whole Wheat Pasta Peas & Carrots Pears Milk	Beef Meatloaf with Shredded Zucchini, Spinach and mushroom, Gold Sweet Potato Salad WG Bread, Romaine Salad Honeydew Melon Milk	Butter Chicken Naan bread, Rice, California Mix Veggies, Cantaloupe Milk	Cheese/Potato Perogies/ sour cream & three bean salad WG bread Green Peppers Milk Apples
Lunch Alternatives	N/A	Soy based veggie ground in tomato sauce	Soy based veggie burger	Veggie loaf w soy protein	N/A
PM Snack	Tortilla Turkey Slices Apple Sauce	Hummus Dip Tomatoes, Orange peppers WG Crackers	Cheddar Cheese Cubes Croissant Cucumber Slices	Tuna Salad Rice Cakes Pears	WW Homemade Orange Loaf Cheese slice Bananas
PM Late Snack	Apples	Goldfish Crackers	Watermelon	Clementines	Peppers

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