

## BrightPath Menu Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>  Water	Whole-wheat Bagels Cream Cheese  Fresh Fruit	Yogurt Fresh Fruit  (OR *Fruit and Yogurt Smoothie)	*Homemade Berry Bonanza Muffins  Fresh Fruit	Yogurt  Fresh Fruit	*Homemade Trail Mix made with Wholegrain Cereals and Pretzels Fresh Fruit
<b>Lunch</b>  Water Milk	*Homemade Macaroni and Cheese  *Chickpea and Veggie Salad  Fresh Fruit	*Homemade Baked Breaded or Herbed Chicken, Rice <i>(V=Chickpea and Potato Cakes)</i>  Steamed Vegetables  Fresh Fruit	*Homemade Creamy Carrot & Lentil Soup *Chicken Breast, Egg Salad or Tuna Sandwiches on Whole-wheat Bread (pick 2 sandwich options) <i>(V=Cheese or Salad Sandwich)</i> Fresh Fruit	*Soft Bean Tacos with Lettuce, Diced Peppers, Cheese and Homemade Salsa  Fresh Fruit	Scrambled Eggs Toasted Whole-wheat English Muffins or Dinner Rolls <i>(V=Veggie Burger)</i> Cucumbers  Fresh Fruit
<b>PM Snack</b>  Water	Rice Cakes and Fresh Fruit	Whole-wheat Tortilla Roll ups with Cream Cheese and Apple Slices	Whole-wheat Crackers and Cheese  Fresh Fruit	Veggies and Ranch Dip Wholegrain Crackers	*Homemade Chocolate Chip Banana Oatmeal Cookies Fresh Fruit

- \* A star beside the menu selection means you will find the recipe in our recipe book.
- V=Vegetarian option listed in *italics*
- Early arrivals: cereal, milk and fruit are always available.
- Summer months, salad may be served in place of soup.
- \* Canned fruit is to be used only if it is packed in its own juice and unsweetened and if fresh fruit is not available.
- Late afternoon pickups: remaining snack items as well as cereal snack mix is always available.
- To ensure variety and seasonal offerings, fruit choice will be posted on the Daily Fruit Log.
- Infants will be offered the same as older children when developmentally appropriate.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>  Water	Yogurt  Fresh Fruit	*French Toast Sticks Served hot or cold  Fresh Fruit	Cheese and Whole-wheat Crackers  Fresh Fruit	*Homemade Carrot Loaf  Fresh Fruit	Yogurt Fresh Fruit  (OR *Fruit and Yogurt Smoothie)
<b>Lunch</b>  Water Milk	* Homemade Chicken & Vegetable Noodle Soup <i>(V=Bean &amp; Vegetable            Noodle Soup)</i> *Chicken or Turkey, Egg Salad or Tuna Sandwiches on Whole-wheat Bread (pick 2 sandwich options) <i>(V=Cheese or Salad            Sandwich)</i> Fresh Fruit	*Hamburger and Vegetable Stew <i>(V=Bean and            Vegetable Stew)</i>  Whole-wheat buns  Fresh Fruit	*Chicken Cacciatore <i>(V=Vegetable            Cacciatore with            Chickpeas or Lentils)</i> Rotini Pasta  Steamed Vegetables  Fresh Fruit	* Whole-wheat Pita Pizza with Homemade Tomato Vegetable Sauce  Chickpea and Veggie Salad  Fresh Fruit	<b>Chefs Choice Menu</b>  Details will be posted on the Menu Changes Form and meal will include a serving from each of the food groups.  Fresh Fruit
<b>PM Snack</b>  Water	Veggies and Ranch Dip Wholegrain Crackers	*Homemade Wholegrain Cinnamon Raisin Scones Fresh Fruit	Whole-wheat Bagels and Cream Cheese  Fresh Fruit	* Homemade Trail Mix made with Wholegrain Cereals and Pretzels Fresh Fruit	Wholegrain crackers *Hummus and Carrot Sticks

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- Early arrivals: cereal, milk and fruit are always available.
- Summer months, salad may be served in place of soup.
- \* Canned fruit is to be used only if it is packed in its own juice and unsweetened and if fresh fruit is not available.
- Late afternoon pickups: remaining snack items as well as cereal snack mix is always available.
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- Infants will be offered the same as older children when developmentally appropriate.

### BrightPath Menu Week 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>  Water	Unsweetened Applesauce Rice Crackers	Yogurt Fresh Fruit  (OR *Fruit and Yogurt Smoothie)	Whole-wheat Bagels with Cream Cheese  Fresh Fruit	*Homemade Blueberry Muffins  Fresh Fruit	Yogurt  Fresh Fruit
<b>Lunch</b>  Water Milk	*Spaghetti with Homemade Lentil Tomato and Vegetable Sauce  Caesar Salad  Fresh Fruit	*Homemade Bean & Vegetable Soup  *Chicken Breast, Egg Salad or Tuna Sandwiches on Whole-wheat Bread (pick 2 sandwich options) <i>(V=Cheese or Salad Sandwich)</i> Fresh Fruit	*Baked Herbed or Breaded Fillet of Fish <i>(V=Mashed Potatoes and Chickpea Sticks)</i> Rice  Steamed Vegetables  Fresh Fruit	*Homemade Meatballs or Meatloaf with Homemade BBQ Sauce <i>(V=Veggie Ground Round "Meatballs")</i> Roasted or Mashed Potatoes, Peas Whole-wheat Bread & Butter Fresh Fruit	*Vegetable and Cheese Frittata With Whole-Wheat Toast or Dinner Rolls <i>(V=Veggie Burger)</i>  Fresh Fruit
<b>PM Snack</b>  Water	*Homemade Trail Mix made with Wholegrain Cereals and Pretzels Fresh Fruit	*Homemade Black Bean Brownies  Fresh Fruit	Veggies and Ranch Dip  Wholegrain Crackers	*Homemade Pita Wedges and Homemade Salsa	*Hummus and Grated Carrot Tortilla Roll Ups

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- V=Vegetarian option listed in *italics*
- Early arrivals: cereal, milk and fruit are always available.
- Summer months, salad may be served in place of soup.
- \* Canned fruit is to be used only if it is packed in its own juice and unsweetened and if fresh fruit is not available.
- Late afternoon pickups: remaining snack items as well as cereal snack mix is always available.
- To ensure variety and seasonal offerings, fruit choice will be posted on the Daily Fruit Log.
- Infants will be offered the same as older children when developmentally appropriate.

**BrightPath Menu Week 4**

<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM Snack</b>  Water	* <b>Homemade Trail mix made with wholegrain cereals and pretzels</b>  Fresh Fruit	Yogurt  Fresh Fruit	Whole-wheat Bagels and Cream Cheese  Fresh Fruit	Unsweetened Applesauce Rice Crackers	Homemade Banana Bran Muffins  Fresh Fruit
<b>Lunch</b>  Water Milk	* <b>Penne Pasta Baked with Homemade Lean Ground Beef Pasta Sauce and Cheese</b> <i>(V=Homemade Pasta Sauce made with Veggie Ground Round)</i> Tossed Salad  Fresh Fruit	* <b>Homemade Lentil and Vegetable Soup</b>  * <b>Chicken Breast, Egg Salad or Tuna Sandwiches on Whole-wheat Bread</b> <small>(pick 2 sandwich options)</small> <i>(V=Cheese or Salad Sandwich)</i> Fresh Fruit	* <b>Chicken and Vegetable Stir-fry with Rice</b> <i>(V=Tofu and Vegetable Stir-fry with Rice)</i>  Fresh Fruit	* <b>Black Bean, Diced Pepper and Cheese Quesadilla or Burritos with Homemade Salsa and Cucumber Sticks.</b>  Fresh Fruit	<b>Chefs Choice Menu</b>  Details will be posted on the Menu Changes Form and meal will include a serving from each of the food groups.  Fresh Fruit
<b>PM Snack</b>  Water	<b>Veggies and Ranch Dip</b> Wholegrain Crackers	* <b>Homemade Oatmeal Cookies</b>  Fresh Fruit	* <b>Whole-wheat Pita Bread</b> Hummus and Carrot Sticks	Yogurt with * <b>Homemade Granola</b>	Whole Grain Crackers with Cheese  Fresh Fruit

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- V=Vegetarian option listed in *italics*
- Early arrivals: cereal, milk and fruit are always available.
- Summer months, salad may be served in place of soup.
- \* Canned fruit is to be used only if it is packed in its own juice and unsweetened and if fresh fruit is not available.
- Late afternoon pickups: remaining snack items as well as cereal snack mix is always available.
- To ensure variety and seasonal offerings, fruit choice will be posted on the Daily Fruit Log.
- Infants will be offered the same as older children when developmentally appropriate.

## Brightpath Menu for Infants 6-12 Months

No two babies eat alike ... some babies are very interested in food and may want more. Other babies are less interested and take a bite or two. Babies will also progress through food textures at different stages and eat at different times of the day. The following information is just a guideline to help you plan meal times for baby.

### At 6 to 8 months

Appropriate food textures: strained, pureed, smooth, mashed

### At 8 to 10 months

Appropriate food textures: grated, minced, lumpy, diced, cut up

### At 12 months

Appropriate food textures: soft, finely chopped, foods that soften or dissolve in the mouth

<b>Meal</b>	<b>Food to Offer</b>
<b>Breakfast</b> Breast milk or formula	Infant cereal or other grain or milk alternative such as yogurt  Fruit or vegetable
<b>AM Snack</b> Breast milk or formula	Infant cereal or other grain or milk alternative such as yogurt  Fruit or vegetable
<b>Lunch</b> Breast milk or formula	Infant cereal or other grain or milk alternative such as yogurt  Fruit or vegetable  Chicken, turkey, beef, fish, egg yolk or beans/legumes
<b>PM Snack</b> Breast milk or formula	Infant cereal or other grain or milk alternative such as yogurt  Fruit or vegetable
<b>Late Snack</b> Breast milk or formula	Infant cereal or other grain or milk alternative such as yogurt  Fruit or vegetable

## Notes About the BrightPath Menu:

### Vegetables & Fruit:

- Each week centers will post the menu and hand write in the seasonal fresh fruit supplied each day. These posted menus will be retained so that center directors and consulting dietitians can review to ensure VARIETY is offered throughout the week. As much as possible a large variety of seasonal fresh fruit should be offered to enhance exposure to children and for nutritional balance.
- Infants aged 6 months can be offered a variety of vegetables and fruits. Examples of typical first vegetables and fruits include carrots, squash, yams, sweet potatoes, peas, bananas, peaches, mango, applesauce and avocado. Progress from pureed to mashed foods, and then to cooked vegetable pieces and soft cut-up fruit.
- Children should be offered a variety of fruits and vegetables (both cooked and uncooked).
- Although 100% unsweetened juice can be offered to children 6 months of age and older Brightpath has decided that this should not be part of the menu since often children love juice so much that large intakes can reduce the amount of solid food children are eating thereby sacrificing important nutrients needed for growth and development. Parents can offer juice at home and should limit juice to 1/2 cup (125ml) maximum per day.
- Sweetened beverages such as sweetened juice, pop, sport drinks and other sugary beverages should not be offered at all.
- To prevent choking lettuce should be chopped finely, grapes and other foods with similar shape should be cut into pieces.

### Grain Products:

- Iron fortified infant cereals such as rice, barley, oats and wheat are recommended at 6 months of age until 18-24 months of age. These should be fed from a spoon not a bottle. Introduce single grain cereals first before mixed grain cereals to detect any food sensitivities.
- Between 6 and 7 months baby can progress from purees to well-mashed and soft-cooked finger foods. At 7 to 9 months of age, babies like to start to feed themselves. Encourage self-feeding and finger foods as soon as baby shows interest. Continue to offer food on a spoon as baby learns to eat. If you wait too long to feed lumpy, solid foods it may be harder for baby to accept new textures of foods. It may also increase the risk of feeding difficulties later on.
- Heavily sweetened cereal should not be offered to children. Emphasize higher fibre cereal choices whenever possible. Appropriate cereal choices for children include: Shreddies, Cheerios, Spoon Sized Shredded Wheat, Raisin Bran, Bran Flakes, Rice Krispies, Corn Flakes, Just Right, Optimum, Muffets, Shredded Wheat, All Bran, Bran Buds etc.
- All sliced bread, buns, wraps, pita bread, bagels and English muffins served for sandwiches and toast should be whole wheat, multigrain, whole grain, rye or pumpernickel. No white bread should be served.
- Crackers should be primarily whole grain or whole wheat such as Triscuits, whole wheat soda crackers, whole wheat Bretton, whole grain Wheat Thins, Ryvita, Wasa and whole grain melba toast.
- As per Health Canada guidelines for healthy eating, at least half of all grain products offered should be whole grain which means that white pasta, white rice and other non-whole grain foods can be included in the menu (after all we are encouraging variety!). Whole wheat pasta, brown/wild rice and quinoa are good options to include.

### Milk & Alternatives:

- Infants aged 0-12 months should only be offered expressed breast milk or infant formula (no other types of milks or foods should be offered).
- At 12 months of age, expressed breast milk or infant formula is still appropriate if requested by parents or alternatively if the child is eating a variety of foods they can be offered homogenized (3.25% MF) milk.
- Lower fat milks such as 2%, 1% or skim milk is not recommended until 2 years of age.
- Milk products such as plain yogurt (>2.5% MF) and cheese can be given 6 months of age and baby has been introduced to a variety of iron-rich foods, cereals, fruits and vegetables.
- Other milk alternatives such as soy milk or rice milk should only be offered if advised by a parent. Almond milk is not permitted due to allergy concerns of nuts.

### Meat & Alternatives:

- Infants aged 6 months and older should be offered a variety of meat and alternatives. Progress from pureed to mashed foods, and then to soft cut up pieces.
- Provide a variety of meat and alternatives to children such as chicken, turkey, beef, fish, tofu and beans/legumes.
- Pork and ham are not provided on this menu given the range of personal restrictions for some children as well as care providers.
- Egg yolks can be offered to all children 6 months of age and older. Egg whites should not be offered to infants until they are 1 year old or older.
- Due to allergy concerns at the centres peanut butter, nut butters, nuts and seeds should not be offered. Pea butter made of split peas is a nut-free product that can be included.
- Brightpath accommodates a lacto-ovo vegetarian option (includes dairy and eggs) for all menus each day.

### Water:

- After 6 months, and once a baby is drinking out of a cup, you can offer water to quench thirst. If you think baby is thirsty, try offering a small amount of water (2 to 3 oz. / 60 to 90 ml).
- For older children provide water at all meals and snacks as well as opportunities throughout the day for kids to drink water.

### Important! Policy Regarding Outside Food & Special Occasions (Holidays & Birthdays):

- Since providing superior nutritious choices to children is a top priority and due to allergy and food safety concerns, **NO OUTSIDE FOOD, CANDY OR CAKES SHOULD BE BROUGHT IN** to BrightPath centres unless this has been approved by centre directors.
- Each month all of the birthdays of the month will be celebrated with a single homemade cake prepared onsite at your centre. There will also be opportunities for a fun food option to celebrate favourite holidays.