

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Water	Whole Wheat Bagels with WOW Butter, Banana Slices and Coconut	*Yogurt WOW-Dip Fresh Fruit	Whole-Wheat Crackers and Cheese Fresh Fruit	*Fruity Overnight Oats	*Banana Bread or Banana Muffins Fresh Fruit
Lunch Water Milk	*Homemade Macaroni and Cheese *Chickpea and Veggie Salad Fresh Fruit	*Ground Beef and Vegetable Stew <i>(V=*Bean and Vegetable Stew)</i> Whole Wheat Dinner Rolls 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	*Korean Beef, Veggie and Noodle Bowls <i>(V=*Tofu, Veggie and Noodle Bowls)</i> Cucumber slices Fresh Fruit	*Homemade Baked Breaded or Herbed Chicken <i>(V=*Cheeky Chickpea and Potato Cakes)</i> Rice Steamed Peas Fresh Fruit
PM Snack Water	*Muffin Tin Eggs and Carrot Sticks	Whole Wheat Tortilla Roll Ups with cream cheese, apple slices and cinnamon	*Homemade Berry Bonanza Muffins Fresh Fruit	Veggies & Ranch Dip Whole Grain Crackers	*Jungle Pudding Graham Wafers

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- V=Vegetarian option listed in *italics*
- Early arrivals: cereal, milk and fruit are always 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
AM Snack Water	Yogurt Fresh Fruit	*Finger-food French Toast Sticks (served hot or cold with no syrup) Fresh Fruit	Whole Wheat Bagels and Wacky Whipped Cream Cheese Fresh Fruit	*Homemade Crazy Carrot Loaf or Muffins Fresh Fruit	*Homemade Granola Bars Fresh Fruit
Lunch Water Milk	*Homemade Chicken & Vegetable Noodle Soup <i>(V=*Bean & Vegetable Soup)</i> *Chicken Breast, Egg Salad or Tuna Sandwiches on Whole-wheat Bread (pick 2 sandwich options) <i>(V=Cheese or Veggie Sandwich)</i> Fresh Fruit	*Beef, Bean and Vegetable Chilli <i>(V=*Bean and Vegetable Chili)</i> Whole Wheat Dinner Rolls Fresh Fruit	*Chicken Cacciatore <i>(V=*Vegetable Cacciatore with Chickpeas or Lentils)</i> Pasta Steamed Green Beans Fresh Fruit	*Whole Wheat Pita Cheese Pizza with Homemade Tomato Vegetable Sauce *Chickpea and Veggie Salad Fresh Fruit	Chefs Choice Menu Details will be posted on the menu changes form and meal will include a serving from each of the food groups Fresh Fruit
PM Snack Water	Veggies and *Goofy Green Dip Whole Grain Crackers	*Homemade Whole Wheat Confetti Scones with Blueberries. Fresh Fruit	*Mini open-faced sandwich rolls with cheese or turkey Cucumber Coins and Red Pepper Sticks	*No-bake Chocolate Fudge Cookies Fresh Fruit	*Whole-wheat Tortilla WOW Butter and banana Roll Ups

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Lunch Water Milk	*Pasta 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 /pitas (pick 2 sandwich options) (V=*Cheese or Veggie Sandwich) Fresh Fruit	*Homemade Baked Herbed or Breaded Fish (V= *Cheeky chickpea and potato sticks) Rice Steamed Carrots Fresh Fruit	*Homemade Meatballs or Meatloaf with Homemade BBQ Sauce (V=*Veggie Ground Round "Meatballs") Roasted or Fresh Mashed Potatoes Steamed Peas Fresh Fruit	*Vegetable and Cheese Frittata (V=*Homemade Veggie Burger and Veggies) Whole Wheat Dinner Rolls Fresh Fruit
PM Snack Water	* Crazy Coconut Fun Mix (with Shreddies, Cheerios Pretzels, Sunflower/Pumpkin Seeds, Roasted Chick Peas and Long Strand Coconut) Fresh Fruit	*Bogus Black Bean Brownies and Fresh Fruit	Veggies & Ranch Dip Whole Grain Crackers	*Tuna Sandwich on Whole-wheat Bread and Cucumber Wheels	*Homemade Crunchy Pita Wedges with *Homemade Salsa & Guacamole

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AM Snack Water	*Homemade Healthier Cereal Snack Mix Apple Slices	*Baked Happy Hawaiian Oatmeal Fresh Fruit	*Yogurt WOW-Dip Fresh Fruit	* Banana Oat Monkey Bars Fresh Fruit	* Lemon Poppy Seed Loaf or Muffins Fresh fruit
Lunch Water Milk	*Pasta Baked with Lean Ground Beef, Homemade Pasta Sauce and Cheese (V= <i>*Homemade Pasta Sauce with Veggie Ground Round</i>) Tossed Salad Fresh Fruit	*Homemade Carrot, Apple and Lentil Soup *Chicken Breast, Egg Salad or Tuna Sandwiches on Whole-Wheat Bread / pitas (pick 2 sandwich options) (V= <i>*Cheese or Veggie Sandwich</i>) Fresh Fruit	*Chicken and Vegetable Rice Bake (V= <i>*Tofu and Vegetable Rice Bake</i>) Fresh Fruit	*Taco Salad with Beef Black Beans, Tomatoes, Cucumbers, Lettuce, Cheese, Homemade Salsa & Ranch Dressing (V= <i>*as above with beans</i>) *Whole-wheat Baked Tortilla Crisps Fresh Fruit	Chefs Choice Menu Details will be posted on the menu changes form and meal will include a serving from each of the food groups Fresh Fruit
PM Snack Water	Veggies with Ranch Dip Whole Grain Crackers	*Frozen Fruit Yogurt Bites Fresh Fruit	*Cheesy Pizza Puffs Snap Peas & Cucumbers	*Chocolate Zucchini Bread Fresh Fruit	Whole-wheat Tortilla Roll ups with Herb Flavoured Cream Cheese and Grated Carrots

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AM Snack Water	Whole-Wheat English Muffins With Fruit Spread Fresh Fruit	Yogurt with Bran buds Fresh Fruit	*Outrageous Oatmeal Energy Balls Fresh Fruit	Unsweetened Applesauce Graham Crackers	*Banana Chocolate Chip Muffins / Loaf Fresh Fruit
Lunch Water Milk	*Vegetable and Cheese Frittata <i>(V=*Veggie burger and veggies)</i> Whole Wheat Dinner Rolls Fresh Fruit	*Butter Chicken Curry <i>(V=*Chickpea and Vegetable Curry)</i> Rice Peas Fresh Fruit	*Homemade Creamy Broccoli, Lentil & Cheese Soup *Chicken Breast, Egg Salad or Vegetable & Cheese Sandwiches on Whole Wheat Bread or Pitas (pick 2 sandwich options) <i>(V=*Cheese or Veggie Sandwich)</i> Fresh Fruit	*Roast Chicken or BBQ Chicken *Quinoa and Vegetable Pilaf <i>(V=*Quinoa, Lentil and Vegetable Pilaf)</i> Fresh Fruit	* Fish Tacos on Whole Wheat Tortillas with Lettuce, Diced Peppers, Cheese and Homemade Salsa <i>(V=*Soft Bean Tacos with fixings above)</i> Fresh Fruit
PM Snack Water	Veggies with Ranch Dip Whole Grain Crackers	*Egg Salad Sandwich/pitas with Rainbow Pepper Sticks	Whole Grain Crackers With Cheese Fresh fruit	*Wizard Bars Fresh Fruit	*Fish on a River (Celery with Cream Cheese and Fish Crackers)

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