



Winter Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Meat/Alternative	Scrambled eggs		Hard Boiled Eggs & Sausage		
Grain Product	Whole wheat toast	Granola		Pancakes	Toasted English muffins
Fruit/Vegetable	Spinach	Honey dew melon	Cucumber	Cranberries	Avocado
Milk Product	Milk	Milk Yogurt	Milk	Milk	Milk Cream cheese
Other	Ketchup			Syrup	
Lunch					
	Vegetarian Spaghetti	Chicken with Rice & Beans	Sloppy Joes	Chicken Noodle Soup	Pork Roast
Meat/Alternative		Chicken	Ground beef	Chicken	Pork
Grain Product	Whole wheat spaghetti Buns	Rice	Buns	Buns Noodles	
Vegetable	Caesar salad Infant/Toddler veg*	Beans	Peppers Tomatoes	Carrots Celery Onions	Mashed potatoes Carrots
Fruit	Grapes	Pineapple	Cantaloupe	Watermelon	Honey Dew
Milk Product	Milk Parmesan cheese	Milk	Milk	Milk	Milk
Other	Dressing Tomato sauce Butter	Soy sauce		Butter	Gravy
Afternoon Snack					
Meat/Alternative	Chia seeds		WOWBUTTER		
Grain Product		Graham crackers	Naan Bread	Homemade Zucchini Loaf	Nacho chips
Fruit/Vegetable	Apples	Banana	Grapes		
Milk Product	Yogurt				
Other					Salsa
Canada Food Guide Servings					
Fruit/Vegetable	2	2	2	3	2.5
Grain	3	2.5	1.5	3	1.5
Milk	3.5	3	2	2	2.5
Meat/Alternative	1.5	1	3	1	1

*Seasonal Fruit or Vegetable

**All fruits and vegetables may vary depending on season and availability



Winter Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Meat/Alternative				Hard boiled eggs	
Grain Product	Granola	Cornflakes	Cream of wheat	Toast	French toast
Fruit/Vegetable	Bananas	Blueberries	Kiwi	Cucumber	Honey dew melon
Milk Product	Milk	Milk	Milk	Milk	Milk
Other			Syrup Cinnamon		Syrup
Lunch					
	Fish Filet	Tri-Coloured Noodles with Rose Sauce	Tomato Soup & Grilled Cheese	Spinach & Beef Meatballs	Sweet & Sour Chicken
Meat/Alternative	Fish			Ground beef	Chicken
Grain Product	Rice	Tri-coloured noodles	Whole wheat bread	Bread crumbs	Quinoa
Vegetable	Green beans	Mixed Vegetables	Pickles	Mashed potatoes	Vegetable Medley
Fruit	Apples Infant/Toddler fruit*	Honey dew melon	Grapes	Pineapple	Watermelon
Milk Product	Milk	Milk	Milk Cheese	Milk	Milk
Other	Soy sauce	Rosé sauce		Gravy	Sweet & sour sauce
Afternoon Snack					
Meat/Alternative		Hummus			Tuna salad
Grain Product		Salt-free Triscuits	Homemade banana muffins	Rye Bread	Rice crackers
Fruit/Vegetable	Apples Infant/Toddler veg*	Peppers Infant/Toddler veg*		Carrot sticks Infant/Toddler veg*	Cucumber
Milk Product	Yogurt				
Other				Spinach Dip	
Canada Food Guide Servings					
Fruit/Vegetable	3	3	3.5	3	3
Grain	2	2.5	2.5	1	2.5
Milk	2	2.5	3	2.5	2.5
Meat/Alternative	1	1.5	0	2	1.5

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Winter Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Meat/Alternative	Scrambled eggs				
Grain Product	Whole wheat toast	Shreddies	Cheerios	Oatmeal	Raisin bread
Fruit/Vegetable	Spinach	Bananas	Fruit smoothies	Cranberries	Cantaloupe
Milk Product	Milk	Milk	Milk	Milk	Milk
Other	Ketchup			Syrup	Butter
Lunch					
	Broccoli Penne	Chicken with Quinoa and Beans	Beef Chili	Sheppard's Pie	Butternut Squash Mac & Cheese
Meat/Alternative		Chicken	Ground Beef Beans	Ground beef	
Grain Product	Whole wheat penne	Quinoa	Buns		Noodles
Vegetable	Broccoli	Peas	Carrots, corn, onions, celery Tomato	Potatoes Mixed vegetables	Caesar salad Infant/Toddler veg* Tomatoes
Fruit	Grapes	Pineapple	Honey dew melon	Bananas	Apples Infant/Toddler fruit*
Milk Product	Milk	Milk	Milk Cheese	Milk	Milk Cheese
Other	Alfredo sauce	Soy sauce	Butter		Salad dressing
Afternoon Snack					
Meat/Alternative					Ham salad
Grain Product	Crackers	Graham crackers	Social Tea Biscuits	Cereal snack mix	Rice crackers
Fruit/Vegetable	Apples Infant/Toddler fruit*		Apple Sauce	Grapes	Cucumbers
Milk Product		Yogurt			
Other					
Canada Food Guide Servings					
Fruit/Vegetable	3	2.5	3	3	3
Grain	2.5	2.5	2.5	2.5	2.5
Milk	3	2.5	2	2.5	2.5
Meat/Alternative	2	1	1	1	.5

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Winter Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Meat/Alternative					Scrambled eggs
Grain Product	Granola	Pancakes	Cheerios	Rye bread	
Fruit/Vegetable	Bananas	Kiwi	Cranberries	Oranges	Spinach
Milk Product	Yogurt Milk	Milk	Milk	Milk	Milk
Other		Syrup		Butter	Ketchup
Lunch					
	Chicken Burgers	Mango Chicken	Lasagna	Tuna Melts	Potato & Ham Soup
Meat/Alternative	Chicken	Chicken	Ground beef	Tuna	Ham
Grain Product	Buns	Rice	Noodles	Whole wheat buns	Buns
Vegetable	Cucumber	Vegetables	Caesar salad Infant/Toddler veg*	Pickles	Potato Tomatoes
Fruit	Grapes	Apples Infant/Toddler fruit	Watermelon	Cantaloupe	Pineapple
Milk Product	Milk Cheese	Milk	Milk	Milk	Milk
Other	Mayonnaise	Mango Sauce	Salad dressing	Sesame Sauce	Butter
Afternoon Snack					
Meat/Alternative	Hard boiled eggs	Baba Ganoush			WOWBUTTER
Grain Product		Salt-free Triscuits	Rice crackers	Quaker Oat Squares	Coconut Clusters
Fruit/Vegetable	Cucumber	Honeydew melon	Peppers	Grapes	Bananas
Milk Product			Cream Cheese	Cheese	
Other					
Canada Food Guide Servings					
Fruit/Vegetable	3	3	2.5	3	3
Grain	2	2.5	3	2	1.5
Milk	2.5	2	3	2.5	2
Meat/Alternative	1.5	1.5	1	1	2.5

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Winter Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Meat/Alternative		Chia seeds	Scrambled eggs		
Grain Product	Whole wheat toast		Toast	Shreddies	French toast
Fruit/Vegetable	Avocado	Blueberries	Spinach	Bananas	Honeydew melon
Milk Product	Cream cheese Milk	Yogurt Milk	Milk	Milk	Milk
Other	Butter		Ketchup		
Lunch					
	Beans & Nachos	Chicken Parmesan	Fish Fillet	Minestrone Soup	Chicken with Potatoes and Broccoli
Meat/Alternative		Chicken	Fish		Chicken
Grain Product	Beans Nachos	Egg Noodles	Rice	Beans Dinner Rolls	
Vegetable		Spinach Tomato Cucumber	Carrots	Carrots Peppers Onions Tomatoes	Mashed potatoes Broccoli
Fruit	Apples Infant/Toddler fruit*	Honey dew melon	Cantaloupe	Grapes	Pineapple
Milk Product	Milk Cheese Sour Cream	Milk Cheese	Milk	Milk	Milk
Other	Salsa	Tomato Sauce	Soy sauce	Butter	
Afternoon Snack					
Meat/Alternative			WOWBUTTER		Hummus
Grain Product	Graham crackers	Arrowroot	Rice Crackers	Pear Crisp	Crackers
Fruit/Vegetable	Grapes	Bananas	Raisins	Pears	Peppers Infant/Toddler veg*
Milk Product					
Canada Food Guide Servings					
Fruit/Vegetable	3	3	2.5	3	3
Grain	2.5	2	2	2	1.5
Milk	2.5	2.5	2.5	2	2.5
Meat/Alternative	1	1.5	2.5	1	2

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