



Summer Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>					
<b>Meat/Alternative</b>	Hard-boiled eggs		Scrambled Eggs		
<b>Grain Product</b>		Granola		Pancakes	Toasted English muffins
<b>Fruit/Vegetable</b>	Cucumbers	Honey Dew Melon	Spinach Cantaloupe	Blueberries	Avocado
<b>Milk Product</b>	Milk	Yogurt & Milk	Milk	Milk	Cream Cheese Milk
<b>Other</b>			Ketchup	Syrup	
<b>Lunch</b>					
	<b>Spaghetti</b>	<b>Chicken Wraps</b>	<b>Korean Stir Fry</b>	<b>Chicken, Carrots &amp; Quinoa</b>	<b>Butternut Squash Mac &amp; Cheese</b>
<b>Meat/Alternative</b>		Chicken breast	Ground beef	Chicken breast	
<b>Grain Product</b>	Whole wheat spaghetti Rolls	Whole wheat tortilla	Egg Noodles	Quinoa	Whole wheat noodles
<b>Vegetable</b>	Caesar salad Infant/Toddler veg*	Lettuce, tomatoes, cucumbers	Vegetable medley	Carrots	Butternut squash Salad Infant/Toddler Veg*
<b>Fruit</b>	Grapes	Strawberries	Cantaloupe	Watermelon	Bananas
<b>Milk Product</b>	Milk Parmesan cheese	Cheese Milk	Milk	Milk	Cheese Milk
<b>Other</b>	Tomato sauce Dressing	Dressing	Korean sauce		Dressing
<b>Afternoon Snack</b>					
<b>Meat/Alternative</b>	Chia Seeds		WOWBUTTER	Baba Ganoush	
<b>Grain Product</b>		Graham crackers	Melba Toast Infants: Fish crackers	Vegetable crackers Infants: Arrow root cookies	Cereal Snack Mix
<b>Fruit/Vegetable</b>	Apples Infants: Blueberries	Bananas	Grapes Infant/Toddler Fruit*	Infants: Fruit/veggie pouch	Cranberries
<b>Milk Product</b>	Yogurt				
<b>Canada Food Guide Servings</b>					
<b>Fruit/Vegetable</b>	2.5	2.5	2.5	2	2.5
<b>Grain</b>	2.5	2.5	2	2.5	2.5
<b>Milk</b>	3	3	2.5	2.5	3
<b>Meat/Alternative</b>	1.5	1	2.5	1	0

\*Seasonal Fruit or Vegetable

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



Summer Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>					
<b>Meat/Alternative</b>				Hard boiled eggs	
<b>Grain Product</b>	Granola	Cream of wheat	Cornflakes	English muffins	French toast
<b>Fruit/Vegetable</b>	Bananas	Cantaloupe	Strawberries	Avocado	Blueberries
<b>Milk Product</b>	Yogurt Milk	Milk	Milk	Milk	Milk
<b>Other</b>				Butter	Syrup
<b>Lunch</b>	<b>Fish Fillet</b>	<b>Beans</b>	<b>Chicken &amp; Potatoes</b>	<b>Spinach &amp; Beef Meatballs</b>	<b>Pork &amp; Mashed Potatoes</b>
<b>Meat/Alternative</b>	Fish Fillet	Beans	Chicken Breast	Ground beef	Pork
<b>Grain Product</b>	Rice	Tea Biscuits		Quinoa	
<b>Vegetable</b>	Peas	Carrots	Potatoes/Sweet Potatoes Green beans	Spinach Broccoli	Mashed potatoes Mixed veggies
<b>Fruit</b>	Apples Infant/Toddler Fruit*	Honey Dew	Bananas	Pineapple	Cantaloupe
<b>Milk Product</b>	Milk	Milk	Milk	Milk	Milk
<b>Other</b>					Gravy
<b>Afternoon Snack</b>					
<b>Meat/Alternative</b>	Hummus				Tuna Salad
<b>Grain Product</b>	Salt-Free Triscuits	Homemade Loaf	Rye bread		Rice crackers Infants: Saltines
<b>Fruit/Vegetable</b>	Peppers Infant/Toddler Fruit*		Carrot sticks Infant/Toddler veg*	Apples Infant/Toddler Fruit*	Cucumbers
<b>Milk Product</b>		Yogurt		Cheese	
<b>Other</b>			Spinach dip		
<b>Canada Food Guide Servings</b>					
<b>Fruit/Vegetable</b>	2.5	2	3	2.5	2.5
<b>Grain</b>	3	2.5	1.5	1.5	1.5
<b>Milk</b>	3	3	2.5	2.5	3
<b>Meat/Alternative</b>	1.5	2	1	1.5	1.5

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Summer Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>					
Meat/Alternative	Scrambled eggs				
Grain Product	Whole wheat toast	Shreddies	Cheerios	Oatmeal	Raisin bagels
Fruit/Vegetable	Spinach	Bananas	Fruit smoothies	Cranberries	Cantaloupe
Milk Product	Milk	Milk	Milk	Milk	Milk
Other	Ketchup				
<b>Lunch</b>					
	Ham & Rice	Turkey Meatballs	Chicken Rotini Pasta	Beef Tacos	Chicken & Spinach Pita Pizza
Meat/Alternative	Ham	Turkey	Chicken breast	Ground beef	Chicken breast
Grain Product	Rice		Vegetable rotini pasta	Whole wheat tortillas	Whole wheat pita
Vegetable	Peas	Mashed sweet potatoes/potatoes Beans	Broccoli	Lettuce Infant/Toddler veg*	Spinach Carrots Peppers Infant/Toddler Veg*
Fruit	Grapes	Pineapple	Honey dew melon	Bananas	Apples Infant/Toddler Fruit
Milk Product	Milk	Milk	Milk	Sour cream Cheese Milk	Milk
Other	Soy sauce		Rosé sauce	Salsa	Tomato sauce
<b>Afternoon Snack</b>					
Meat/Alternative			Tuna salad		
Grain Product		Graham crackers	Rice crackers	Homemade banana bread	Nachos Infants: Arrow root
Fruit/Vegetable	Apples Infant/Toddler Fruit*		Cucumbers	Apples Infant/Toddler Fruit*	Salsa
Milk Product	Cheese	Yogurt			Sour cream Infants: Smoothies
<b>Canada Food Guide Servings</b>					
Fruit/Vegetable	2.5	2	2	2.5	2.5
Grain	2	1.5	2.5	2.5	2.5
Milk	2.5	3.5	3	3	2
Meat/Alternative	2	1	1.5	1	1

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Summer Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>					
<b>Meat/Alternative</b>		Scrambled eggs			
<b>Grain Product</b>	Granola	Toast	Pancakes		Cheerios
<b>Fruit/Vegetable</b>	Bananas	Honey Dew	Blueberries	Oranges Infant/Toddler Fruit*	Strawberries
<b>Milk Product</b>	Yogurt Milk	Milk	Milk	Yogurt Milk	Milk
<b>Other</b>		Ketchup	Syrup		
<b>Lunch</b>					
	<b>Pai Thai</b>	<b>Chicken Noodle Soup</b>	<b>Sheppard's Pie</b>	<b>Scooby Doo Pasta</b>	<b>Chicken, Rice &amp; Broccoli</b>
<b>Meat/Alternative</b>		Chicken breast	Ground beef	Ground beef	Chicken breast
<b>Grain Product</b>	Whole wheat buns Whole wheat spaghetti	Noodles Marble rye bread		Pasta	Rice
<b>Vegetable</b>	Salad Tomato Cucumber	Celery Carrots Onions	Potatoes Mixed veggies	Carrots	Broccoli
<b>Fruit</b>	Apples Infant/Toddler Fruit*	Bananas	Grapes	Cantaloupe	Pineapple
<b>Milk Product</b>	Parmesan cheese Milk	Milk	Milk	Milk	Milk
<b>Other</b>	Dressing Pai Thia	Butter		Dressing	
<b>Afternoon Snack</b>					
<b>Meat/Alternative</b>	Hard boiled eggs	WOWBUTTER	Hummus		Ham salad
<b>Grain Product</b>	Ritz crackers	Granola	Salt-Free Triscuits Infants: Crackers	Homemade Zucchini or Banana Loaf	Rice crackers Infants: Crackers
<b>Fruit/Vegetable</b>	Cucumber	Apples Infant/Toddler Fruit*	Watermelon	Pears Infant/Toddler Fruit*	Carrots Infant/Toddler: Cranberries
<b>Milk</b>		Infants: Yogurt			
<b>Canada Food Guide Servings</b>					
<b>Fruit/Vegetable</b>	2	2.5	2.5	2.5	2
<b>Grain</b>	3	2.5	1.5	1.5	2.5
<b>Milk</b>	3	2.5	2.5	2.5	2.5
<b>Meat/Alternative</b>	0.5	2.5	1.5	1	1.5

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Summer Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>					
<b>Meat/Alternative</b>		Chia Seeds	Scrambled eggs		
<b>Grain Product</b>	Whole wheat toast		Toast	Shreddies	French toast
<b>Fruit/Vegetable</b>	Avocado	Strawberries	Spinach	Bananas	Honey dew melon
<b>Milk Product</b>	Cream cheese Milk	Yogurt Milk	Milk	Milk	Milk
<b>Other</b>					Syrup
<b>Lunch</b>					
	<b>Chicken Penne Alfredo</b>	<b>Black Bean &amp; Cheese Quesadillas</b>	<b>Fish Fillet</b>	<b>Ham and Potatoes</b>	<b>Butter Chicken</b>
<b>Meat/Alternative</b>	Chicken breast	Black beans	Fish fillet	Roasted ham	Chicken
<b>Grain Product</b>	Penne noodles	Whole wheat tortillas	Quinoa		Rice
<b>Vegetable</b>	Mixed Vegetables	Carrot sticks Infant/Toddler Veg*	Carrots	Roasted Potatoes Green beans	Broccoli
<b>Fruit</b>	Apples Infant/Toddler Fruit*	Honeydew melon	Cantaloupe	Blueberries	Watermelon
<b>Milk Product</b>	Milk	Sour cream Cheese Milk	Milk	Milk	Milk
<b>Other</b>	Alfredo sauce	Salsa	Dressing		Sweet curry sauce
<b>Afternoon Snack</b>					
<b>Meat/Alternative</b>			WOWBUTTER		Hummus
<b>Grain Product</b>	Graham crackers	Carrot cake	Melba Toast Infants: Oat Squares		Crackers Infants: Arrow root
<b>Fruit/Vegetable</b>	Grapes	Bananas	Cranberries	Apples Infant/Toddler Fruit*	Peppers Infant/Toddler: Smoothies
<b>Milk Product</b>				Cheese	
<b>Canada Food Guide Servings</b>					
<b>Fruit/Vegetable</b>	2	2.5	2.5	2.5	2
<b>Grain</b>	2.5	2	2.5	1	2.5
<b>Milk</b>	3	3	2.5	3.5	2.5
<b>Meat/Alternative</b>	1	2	2.5	1	1.5

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