



Winter Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Meat/Alternative			Scrambled Eggs		Sausage Hard Boiled Eggs
Grain Product	Rice Krispies	Oatmeal	Whole Wheat Toast	Cheerios	
Fruit/Vegetable	Cranberries	Blueberries	Spinach	Fruit Smoothie	
Milk Product	Milk	Milk	Milk	Milk	Milk
Other		Maple Syrup	Ketchup		Maple Syrup
Lunch					
	Perogies	Scooby Doo Pasta	Chicken , Rice , Broccoli	Minestrone Soup	Fish ,Quinoa , Peas
Meat/Alternative		Ground Beef	Chicken		Fish
Grain Product		Scooby Doo Pasta	Rice	Dinner roll	Quinoa
Vegetable	Carrots	Green Beans	Broccoli		Peas
Fruit	Apples	Banana	Pineapple	Honey Dew Melon	Oranges
Milk Product	Milk Sour Cream Cheese	Milk Parmesan Cheese	Milk	Milk Butter	Milk
Other		Pasta Sauce	Soy Sauce		
Afternoon Snack					
			Pear Crisp		WOW Butter Bars
Meat/Alternative	Hummas				WOW Butter
Grain Product	Triscuits		Oats	Graham Crackers	Oats , Rice Krispies
Fruit/Vegetable		Cucumber	Pears		Craisins
Milk Product		Ranch		Bananas	
Other					Honey , Maple Syrup, Vanilla
Canada Food Guide Servings					
Fruit/Vegetable	2	4	4	4	2
Grain	2	2	3	3	1
Milk	3	2.5	2	2.5	2.5
Meat/Alternative		1			2

**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			Sausage	Egg Cups	
Grain Product	Shreddies	Raisin Toast	Oatmeal		English Muffin
Fruit/Vegetable	Oranges	Kiwi		Onion, Red Peppers	Avocado
Milk Product	Milk	Milk Butter	Milk	Milk Cheese	Milk Cream Cheese
Other				Ketchup	
Lunch					
	Butter Chicken	Turkey Chili	Vegetarian Pasta	Potato Bacon Soup	Sloppy Joes
Meat/Alternative	Chicken	Ground Turkey		Bacon	Ground Beef
Grain Product	Naan Bread	Dinner Rolls	Tri- Colored Noodles	Dinner Rolls	Buns
Vegetable	Peas	Celery, Corn, Carrots, Onion , Tomatoes	Broccoli	Potato	Carrots
Fruit	Bananas	Cantaloupe	Pineapple	Apples	Oranges
Milk Product	Milk	Milk	Milk	Milk	Milk
Other	Butter Chicken Sauce		Rose Sauce		
Afternoon Snack					
Meat/Alternative	WOW Butter				
Grain Product		Granola	Naan Bread		Goldfish
Fruit/Vegetable	Apples		Guacamole	Banana Loaf	Applesauce
Milk Product		Yogurt		Butter	
Other					
Canada Food Guide Servings					
Fruit/Vegetable	4	3	3	4	4
Grain	2	3	3	1	3
Milk	2	2.5	2	2.5	2.5
Meat/Alternative	2	1	1	2	1

*Seasonal Fruit or Vegetable

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Winter Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					French Toast
Meat/Alternative				WOW Butter	Egg
Grain Product	Oatmeal	Chia Seeds	Cornflakes	Rye Toast	Whole Wheat Bread
Fruit/Vegetable	Cranberries	Blueberries	Strawberries		
Milk Product	Milk	Milk Yogurt	Milk	Milk	Milk
Other					Maple Syrup
Lunch	Cauliflower Mac & Cheese	Sheppards Pie	Egg Salad Sandwiches	Turkey BBQ Meatballs	Chicken Noodle Soup
Meat/Alternative		Ground Beef	Eggs	Ground Turkey	Chicken
Grain Product	Macaroni		White Bread	Rice	Noodles Dinner Rolls
Vegetable	Cauliflower	Mixed Veg Potato	Broccoli	Green Beans	Carrots , Celery
Fruit	Oranges	Apples	Pineapple	Cantaloupe	Bananas
Milk Product	Milk	Milk	Milk Mayonnaise	Milk	Milk
Other	Cheese Sauce	Gravy		BBQ Sauce	
Afternoon Snack					Zucchini Loaf
Meat/Alternative					
Grain Product	Naan Bread	Teddy Grahams		Gold Fish	
Fruit/Vegetable	Salsa	Bananas	Cucumber	Peaches	Zucchini
Milk Product			Ranch Dip		
Other					Butter
Canada Food Guide Servings					
Fruit/Vegetable	3	5	4	2	3
Grain	3	2	2	3	3
Milk	3.5	2.5	3	2	2
Meat/Alternative		1	1	1	2

*Seasonal Fruit or Vegetable

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Winter Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Snack</u>					
Meat/Alternative				Sausage	
Grain Product	Waffles	Shreddies	Veggie Crackers	Oatmeal	Cheerios
Fruit/Vegetable	Oranges	Cranberries	Applesauce		Strawberries
Milk Product	Milk	Milk	Milk	Milk	Milk
Other	Maple Syrup			Maple Syrup	
<u>Lunch</u>	Chicken Salad Sandwiches	Broccoli Cheddar Soup	Ravioli	Korean Beef	Pulled Pork
Meat/Alternative	Chicken			Ground Beef	Pork
Grain Product	Burger Buns	Dinner Rolls	Ravioli	Egg Noodle	Burger Buns
Vegetable	Carrots	Broccoli	Mixed Vegetables	Peas & Carrots	Cucumber
Fruit	Apples	Honeydew Melon	Pineapple	Oranges	Bananas
Milk Product	Milk Mayonnaise	Milk	Milk Parmesan Cheese	Milk	Milk
Other			Pasta Sauce	Teriyaki Sauce	BBQ Sauce
<u>Afternoon Snack</u>					
Meat/Alternative	Hard Boiled Eggs			WOW Butter	
Grain Product	Triscuits	Chia Seeds	Graham Crackers		Naan Bread
Fruit/Vegetable			Bananas	Apples	
Milk Product		Yogurt			Baba Ganouche
Other					
Canada Food Guide Servings					
Fruit/Vegetable	3	3	4	3	3
Grain	3	3	3	2	3
Milk	2.5	2.5	2.5	2	2
Meat/Alternative	1			2	1

*Seasonal Fruit or Vegetable

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Winter Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Meat/Alternative		Egg Cups		Sausage	
Grain Product	Rice Krispies		Raisin Toast		Cheerios
Fruit/Vegetable	Cranberries	Red Peppers, Onions	Bananas	Blueberries	Strawberries
Milk Product	Milk	Milk Cheese	Milk Butter	Milk	Milk
Other		Ketchup		Maple Syrup	Maple Syrup
Lunch					
	Chicken Parmesan	Fish , Rice , Peas	Beef Tacos	Broccoli Penne Alfredo	Turkey Meatloaf
Meat/Alternative	Breaded Chicken Burger	Breaded Fish	Ground Beef		Ground Turkey
Grain Product	Egg Noodles	Rice	Tortilla	Whole Wheat Penne	Quinoa
Vegetable	Carrots	Peas	Lettuce , Salsa	Broccoli	Spinach Mixed Vegetables
Fruit	Apples	Bananas	Watermelon	Pineapple	Apples
Milk Product	Milk	Milk	Milk Cheese Sour Cream	Milk Alfredo Sauce	Milk
Other	Pasta Sauce	Tartar Sauce Soy Sauce	Taco Seasoning		Soy Sauce
Afternoon Snack					
Meat/Alternative			Carrot Loaf		
Grain Product	Wheat Crackers	Teddy Bear Party Mix		Veggie Crackers	Chia Seeds
Fruit/Vegetable	Guacamole	Cucumber	Carrots	Apple Sauce	
Milk Product			Butter		Yogurt
Canada Food Guide Servings					
Fruit/Vegetable	4	4	4	4	4
Grain	3	2	2	2	3
Milk	2	2.5	3	2.5	2.5
Meat/Alternative	1	2	1	1	1

*Seasonal Fruit or Vegetable

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