



Summer Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Snack</u>	Cereal & Bananas	French Toast & Oranges	Cereal & Berries	Eggs & Croissants	Muffins & Apples
Meat/Alternative				Eggs	
Grain Product	Cereal	French Toast	Cereal	Croissant	Muffins
Fruit/Vegetable	Bananas	Oranges	Berries		Apples
Milk Product	Milk	Milk	Milk	Milk	Milk
Other		Maple Syrup			
<u>Lunch</u>	Build your own Nachos	Spaghetti and Meat Sauce	BBQ Chicken Pizza	Chicken Fingers	Tuna Melts
Meat/Alternative	Baked beans	Ground Beef	Chicken	Breaded Chicken	Tuna
Grain Product	Tortilla chips Infants: Pita bread	Spaghetti Noodles	Pizza Dough		Bread
Vegetable	Salsa, Diced Tomatoes, Beans	Cucumbers	Onions, Peppers, Pineapple	Mash Potatoes Broccoli	Veggie Tray
Fruit	Apples	Cantaloupe	Watermelon	Honeydew	Oranges
Milk Product	Cheese Milk	Milk Parmesan Cheese	Milk	Milk	Milk Cheese
Other		Pasta Sauce		Gravy	Ranch Dip
<u>Afternoon Snack</u>	Yogurt and Arrowroot Cookies	Apples and Cheese	Apple Crisp	Veggies, Hummus & Crackers	Carrot Loaf
Meat/Alternative				Hummus	
Grain Product	Cookies		Oates	Crackers	Carrot Loaf
Fruit/Vegetable		Apples	Apples	Veggies Infants: Cooked Carrots	Fruit salad
Milk Product	Yogurt	Cheese Cubes			
Other					
Canada Food Guide Servings					
Fruit/Vegetable	3	4	3	3	4
Grain	3	2	3	2	2
Milk	4	3	2	2	3
Meat/Alternative	1	1	1	3	1

*Seasonal Fruit or Vegetable

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



Summer Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal & Oranges	Raisin Toast & Banana	Waffles & Strawberries	Scrambled Eggs	Muffins & Apples
Meat/Alternative				Scrambled Eggs	
Grain Product	Cereal	Raisin Toast	Waffles		Muffins
Fruit/Vegetable	Oranges	Bananas	Strawberries	Mushrooms, and Onion	Bananas
Milk Product	Milk	Milk & Butter	Milk	Milk & Cheese	Milk
Other			Maple Syrup	Ketchup	
Lunch	Ham and Swiss Quiche	Beef Hamburger	Mac and Cheese	Rice Bowls	Fish & Rice
Meat/Alternative	Ham	Beef		Beans	Breaded Fish
Grain Product	Pie Shells	Buns	Noodles	Rice	Rice
Vegetable	Broccoli	Sliced Tomatoes Lettuce	Green Beans	Corn, Peppers, Carrots, Cucumbers	Coleslaw Infants: Vegetables
Fruit	Cantaloupe	Watermelon	Honeydew	Pineapple	Oranges
Milk Product	Milk Swiss Cheese	Milk Cheese	Cheese Sauce Milk	Milk	Milk
Other		Ketchup, Mustard, Mayo	Ketchup	Soya Sauce	Tartar sauce
Afternoon Snack	Granny Smith Apples, wow butter	Yogurt Parfait	Chocolate Chip Oatmeal Cookies	Banana Loaf	Veggie Platter and Baba Ganoush
Meat/Alternative	Wow Butter				
Grain Product	Ritz Crackers	Granola	Oats	Banana Bread	Pita Bread
Fruit/Vegetable	Apples	Berries	Oranges		Mixed Vegetables
Milk Product		Yogurt			
Other					Baba Ganoush
Canada Food Guide Servings					
Fruit/Vegetable	4	4	4	4	4
Grain	3	3	3	2	3
Milk	3	4	2	4	2
Meat/Alternative	2	1		2	1

*Seasonal Fruit or Vegetable

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



Summer Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Snack</u>	Cereal & Bananas	Scrambled Eggs & Berries	French Toast & Strawberries	Toast & Oranges	Muffins & Apples
Meat/Alternative		Scrambled Eggs with Cheese		Wow Butter	
Grain Product	Cereal		French Toast	Rye Toast	Muffins
Fruit/Vegetable	Bananas	Blueberries	Strawberries	Oranges	Apples
Milk Product	Milk	Milk Cheese	Milk	Milk	Milk
Other			Maple Syrup		
<u>Lunch</u>	Pork Loin & Potatoes	Baked Chicken and Chickpea Salad	Tacos	Egg Salad Sandwich and Pasta Salad	Chicken Caesar Wraps
Meat/Alternative	Pork	Chicken	Beef	Egg	Chicken
Grain Product			Tortilla Wraps	Bread, fusilli noodles	Tortilla Wraps
Vegetable	Mash Potatoes Corn	Carrots, Corn, Tomatoes, Chickpeas, Peppers	Lettuce, Salsa	Carrots, Tomatoes, Cucumbers, Peas	Lettuce Green Beans
Fruit	Oranges	Cantaloupe	Watermelon	Grapes	
Milk Product	Milk	Milk	Milk Cheese Sour Cream	Milk	Milk Cheese
Other	Gravy	Italian Dressing		Mayo & Pesto Dressing	Caesar Dressing
<u>Afternoon Snack</u>	Tortillas with Salsa & Apples	Tuna & Crackers	Crackers & Berries	Blueberry Loaf	Granola & Fruit Salad
Meat/Alternative		Tuna			
Grain Product	Tortilla Chips Infants: Naan Bread	Ritz Crackers	Goldfish	Blueberry Loaf	Granola
Fruit/Vegetable	Salsa & Apples	Kiwi	Raspberries		Fruit Salad
Milk Product					
Other					
Canada Food Guide Servings					
Fruit/Vegetable	4	4	4	4	4
Grain	2	2	3	3	4
Milk	2	3	2	2	2
Meat/Alternative	1	3	1	2	1

*Seasonal Fruit or Vegetable

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



Summer Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal & Oranges	Scrambled Eggs	Waffles & Berries	Oatmeal & Berries	English Muffins & Avocado
Meat/Alternative		Scrambled Eggs			
Grain Product	Cereal		Waffles	Oatmeal	English Muffins
Fruit/Vegetable	Oranges	Bananas	Strawberries	Raspberries	Avocados
Milk Product	Milk	Milk	Milk	Milk	Milk Cream Cheese
Other		Ketchup	Maple Syrup		
Lunch	Chicken Pad Thai	Pepperoni Pizza	Vegetable Quiche	Chicken Souvlaki	Sheppard's Pie
Meat/Alternative	Chicken	Pepperoni	Eggs	Chicken	Ground Beef
Grain Product	Noodles	Pizza Dough	Pie crust	Rice	
Vegetable	California Vegetables	Salad	Mushrooms, Spinach, Onions, Peppers	Green Beans	Mash Potatoes, Peas, and Carrots
Fruit	Apples	Pineapple	Grapes	Watermelon	Kiwi
Milk Product	Milk	Milk Cheese	Milk Cheese	Milk	Milk
Other	Pad Thai Sauce	Caesar Dressing		Greek Dressing	Ketchup
Afternoon Snack	Cantaloupe & Crackers	Granola Bars & Smoothies	Chocolate Chip Cookies & Fruit	Ham Salad, Crackers & Cucumber	Muffins & Fruit Salad
Meat/Alternative				Ham Salad	
Grain Product	Teddy Grahams	Granola Bars	Cookies	Ritz Crackers	Muffins
Fruit/Vegetable	Cantaloupe	Mixed Fruit	Blueberries	Cucumber Slices	Fruit Salad
Milk		Yogurt			
Other					
Canada Food Guide Servings					
Fruit/Vegetable	4	4	4	4	4
Grain	3	3	3	2	3
Milk	2	3	3	2	2
Meat/Alternative	1	1		2	1

*Seasonal Fruit or Vegetable

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



Summer Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal & Bananas	Scrambled Eggs	Oatmeal & Berries	Smoothie & Bagel	Muffins & Strawberries
Meat/Alternative		Scrambled with Cheese			
Grain Product	Cereal		Oatmeal	Mini Bagels	Muffins
Fruit/Vegetable	Bananas	Oranges	Blueberries	Smoothie	Strawberries
Milk Product	Milk	Milk Cheese	Milk Butter	Milk Cream Cheese	Milk
Other		Ketchup			
Lunch	Chicken Burgers	Turkey Meatloaf	Charcuterie Board	Fish Burgers	Chicken Quesadillas
Meat/Alternative	Chicken	Turkey	Kielbasa & Boiled Eggs	Fish	Chicken
Grain Product	Buns		Crackers	Burger Buns	Tortilla Wraps
Vegetable	Green Beans	Mash Potatoes Corn	Vegetable Platter	Coleslaw Cooked Vegetables	Onions, Peppers & Salsa
Fruit	Apples	Honeydew	Kiwi	Cantaloupe	Watermelon
Milk Product	Milk	Milk	Milk Cheese Cubes	Milk	Milk Cheese Sour Cream
Other			Ranch Dip	Coleslaw Dressing Ketchup Tartar Sauce	
Afternoon Snack	Yogurt and Berries	Fruit Explosion Loaf	Oatmeal Raisin Cookies	Apple Sauce and Goldfish Crackers	Cereal Mix & Fruit
Meat/Alternative					
Grain Product		Loaf	Oatmeal Cookies	Crackers	Cereal Mix
Fruit/Vegetable	Berries	Berries	Grapes	Apple Sauce	Fruit Salad
Milk Product	Yogurt				
Other					
Canada Food Guide Servings					
Fruit/Vegetable	4	3	4	4	4
Grain	2	2	3	3	3
Milk	3	3	3	3	3
Meat/Alternative	1	2	2	1	1

*Seasonal Fruit or Vegetable

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