



Winter Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>					
Meat/Alternative			Scrambled Eggs		Hard Boiled Eggs
Grain Product	Cereal	French Toast	Toast	Whole Wheat Toast	Banana Muffins
Fruit/Vegetable	Bananas	Oranges	Spinach and cheese	Fruit Smoothie	Apples
Milk Product	Milk	Milk	Milk	Milk / Yogurt	Milk
Other		Maple Syrup		Wow Butter	
<b>Lunch</b>					
	<b>Perogies</b>	<b>Scooby Doo Pasta</b>	<b>Chicken, Rice, Broccoli</b>	<b>Tomato Soup</b>	<b>Lemon Fish and Quinoa</b>
Meat/Alternative		Ground Beef	Chicken		Fish
Grain Product		Scooby Doo Pasta	Rice	Grilled Cheese	Quinoa
Vegetable	Mixed Vegetables	Caesar Salad Cooked Vegetables - Infants	Broccoli	Tomato Soup	Spinach and Roast Tomatoes
Fruit	Apples Apple Sauce - Infants	Cantaloupe	Pineapple	Honeydew Melon	Oranges
Milk Product	Milk Sour Cream Cheese	Milk Parmesan Cheese Caesar Dressing	Milk	Milk Butter Cheese	Milk
Other		Pasta Sauce	Soy Sauce		
<b>Afternoon Snack</b>					
	<b>Hummus and fruit</b>	<b>Cookies and Veggies</b>	<b>Pear Crisp</b>	<b>Tuna Salad</b>	<b>Loaf</b>
Meat/Alternative	Hummus			Tuna Salad	
Grain Product	Triscuits	Arrowroot Cookies	Oats	Ritz Crackers	Loaf bread
Fruit/Vegetable	Diced Peaches	Cucumber	Pears	Banana	Mixed Fruit Platter
Milk Product		Ranch Dip		Mayo	
<b>Canada Food Guide Servings</b>					
Fruit/Vegetable	4	4	3	3	4
Grain	2	3	2	3	1
Milk	3	3	3	4	2
Meat/Alternative	1	1	2		3

\*Seasonal Fruit or Vegetable

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



Winter Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>					
Meat/Alternative			Egg Cups		
Grain Product	Cereal	Raisin Toast	Toast	English Muffin	Fruit Extreme Muffins
Fruit/Vegetable	Bananas	Oranges	Onion, Red Peppers	Banana/Fruit	Apples Mandarin Oranges - Infants
Milk Product	Milk	Milk Butter	Milk Cheese	Milk	Milk
Other			Ketchup		
<b>Lunch</b>					
	<b>Butter Chicken</b>	<b>Sheppard's Pie</b>	<b>Vegetarian Pasta</b>	<b>Potato Bacon Soup</b>	<b>Sloppy Joes</b>
Meat/Alternative	Chicken	Ground Beef		Bacon, Chicken	Ground Beef
Grain Product	Naan Bread		Penne Noodles	Chicken Salad Sandwich	Hamburger Buns
Vegetable	Cucumber slices	Peas, Carrots, Mashed Potatoes	Broccoli, Onions, Celery, Peppers, Zucchini	Potato	Baby Carrots Cooked
Fruit	Oranges	Cantaloupe	Pineapple	Honeydew	Watermelon
Milk Product	Milk Yogurt	Milk	Milk	Milk	Milk Cheese
Other	Butter Chicken Sauce Raita		Rose Sauce	Mayonnaise	
<b>Afternoon Snack</b>					
	<b>Ritz and Apples</b>	<b>Pita and Veggies</b>	<b>Chocolate Chip Oatmeal Cookies</b>	<b>Banana Loaf</b>	<b>Fruit Salad and Rice cakes</b>
Meat/Alternative	Wow Butter				
Grain Product	Ritz Crackers	Mini Pitas	Oats	Banana Loaf	Rice Cakes
Fruit/Vegetable	Apples	Veggie Platter	Cucumber Slices	Peppers	<b>Fruit Salad</b>
Milk Product					Cream Cheese
Other		Homemade Onion Dip			
<b>Canada Food Guide Servings</b>					
Fruit/Vegetable	4	4	3	3	3
Grain	3	2	3	2	3
Milk	3	2	2	4	4
Meat/Alternative	2	1		2	1



Winter Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>					
<b>Meat/Alternative</b>		Scrambled eggs with cheese		Wow Butter	Banana Muffins
<b>Grain Product</b>	Cereal		Bagels	Rye Toast	
<b>Fruit/Vegetable</b>	Raisins	Bananas	Strawberries	Oranges	Apples Diced Peaches - Infants
<b>Milk Product</b>	Milk	Milk Cheese	Milk Cream cheese++	Milk	Milk
<b>Other</b>					
<b>Lunch</b>	<b>Vegetable Stir-fry</b>	<b>Beef Stew</b>	<b>Macaroni and Cheese</b>	<b>Turkey BBQ Meatballs</b>	<b>Chicken Noodle soup and Egg Salad Sandwiches</b>
<b>Meat/Alternative</b>		Beef Cubes		Ground Turkey	Chicken , Egg Salad
<b>Grain Product</b>	Lo Mein Noodles	Dinner Rolls	Noodles	Rice	Noodles Brown Bread
<b>Vegetable</b>	Mixed California Veg	Peas, Carrots, Onions Potatoes	Broccoli	Green Beans	Carrots, Celery, Onions
<b>Fruit</b>	Oranges	Honeydew	Pineapple	Cantaloupe	Bananas
<b>Milk Product</b>	Milk	Milk	Milk, cheese	Milk	Milk
<b>Other</b>	Stir-fry Sauce	Gravy		BBQ Sauce	Mayonnaise
<b>Afternoon Snack</b>	<b>Tortilla and Salsa</b>	<b>Grahams crackers and Apples</b>	<b>Energy Balls</b>	<b>Blueberry Loaf</b>	<b>Cereal Mix</b>
<b>Meat/Alternative</b>			Wow Butter		
<b>Grain Product</b>	Tortilla Chips Pita Bread - Infants	Teddy Grahams	Oats, Flaxseed	Blueberry Loaf	Cereal Mix
<b>Fruit/Vegetable</b>	Salsa Bananas	Apples	Grapes	Baby Carrots Baby Carrots Cooked - infants	Fruit Salad
<b>Milk Product</b>				Ranch Dip	
<b>Canada Food Guide Servings</b>					
<b>Fruit/Vegetable</b>	4	4	4	4	4
<b>Grain</b>	3	2	3	3	4
<b>Milk</b>	2	3	2	2	2
<b>Meat/Alternative</b>	1	2	1	2	1

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Winter Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>					
<b>Meat/Alternative</b>				Scrambled Eggs	
<b>Grain Product</b>	Cereal	Waffles	Bagels		Raisin Toast
<b>Fruit/Vegetable</b>	Oranges	Strawberries	Apple Sauce	Oranges	Banana Strawberry Chia Seed Jam
<b>Milk Product</b>	Milk	Milk	Milk Cream Cheese	Milk	Milk
<b>Other</b>		Maple Syrup			Butter
<b>Lunch</b>	<b>Chicken Burgers</b>	<b>Broccoli Cheddar Soup and Tuna Sandwiches</b>	<b>Ravioli</b>	<b>Korean Beef</b>	<b>Pulled Pork</b>
<b>Meat/Alternative</b>	Chicken	Tuna Sandwich		Beef Strips	Pork
<b>Grain Product</b>	Burger Buns	Brown Bread	Ravioli	Egg Noodles	Burger Buns
<b>Vegetable</b>	Sliced Tomatoes and Lettuce Green Beans	Broccoli	Mixed Vegetables	Stir-fry Vegetables	Cucumber
<b>Fruit</b>	Apples Diced Peaches - Infants	Honeydew	Pineapple	Watermelon	Apples Apple Sauce - Infants
<b>Milk Product</b>	Milk	Milk Mayo	Milk Parmesan Cheese	Milk	Milk
<b>Other</b>	Mayonnaise		Pasta Sauce	Teriyaki Sauce	BBQ Sauce
<b>Afternoon Snack</b>	<b>Eggs and Veggies</b>	<b>Muffins</b>	<b>Granola and yogurt</b>	<b>Hummus and pita</b>	<b>Crackers and fruit Salad</b>
<b>Meat/Alternative</b>	Boiled Eggs			Roasted Red Pepper Hummus	Wow Butter
<b>Grain Product</b>	Naan Bread	Apple Muffins	Granola	Mini Pitas	Ritz Crackers
<b>Fruit/Vegetable</b>	Cucumber Slices	Diced Peaches	Bananas	Veggie Platter	Fruit Salad
<b>Milk</b>			Yogurt		
<b>Canada Food Guide Servings</b>					
<b>Fruit/Vegetable</b>	4	4	4	4	4
<b>Grain</b>	3	3	3	2	3
<b>Milk</b>	2	2	3	2	2
<b>Meat/Alternative</b>	1			2	1

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Winter Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>					
Meat/Alternative		Scrambled Eggs with Cheese			
Grain Product	Cereal		Raisin Toast	Mini Bagels	Raspberry Muffins
Fruit/Vegetable	Bananas	Oranges	Cantaloupe	Smoothie	Strawberries
Milk Product	Milk	Milk Cheese	Milk Butter	Milk Cream Cheese	Milk
Other		Ketchup			
<b>Lunch</b>					
	<b>Chicken Parmesan</b>	<b>Veggie Pizza</b>	<b>Beef Tacos</b>	<b>Broccoli Penne Alfredo</b>	<b>Turkey Meatloaf</b>
Meat/Alternative	Breaded Chicken Burger		Ground Beef		Ground Turkey
Grain Product	Spaghetti	Pizza Dough	Tortilla	Penne	Mash Potatoes
Vegetable	Green Beans	Onions, Peppers, Mushrooms	Lettuce, Salsa	Broccoli	Mixed Vegetables
Fruit	Apples Apple Sauce - Infants	Bananas	Watermelon	Pineapple	Apples Apple Sauce - Infants
Milk Product	Milk	Milk Cheese	Milk Cheese Sour Cream	Milk Alfredo Sauce	Milk
Other	Pasta Sauce	Pizza Sauce	Taco Seasoning		Gravy
<b>Afternoon Snack</b>					
	<b>Granola bars</b>	<b>Cereal Mix</b>	<b>Carrot Loaf</b>	<b>Pita and Avocados</b>	<b>Oatmeal Raisin Cookies</b>
Meat/Alternative					
Grain Product	Granola Bars	Cereal Mix		Mini Pita	Oats
Fruit/Vegetable	Honeydew	Cucumber Slices and Peppers	Carrots Grapes	Avocados	Mixed Fruit Platter Raisins
Milk Product		Ranch Dip		Cream Cheese	
<b>Canada Food Guide Servings</b>					
Fruit/Vegetable	4	4	4	4	4
Grain	3	2	2	3	2
Milk	2	3	3	4	2
Meat/Alternative	1		1		1

\*Seasonal Fruit or Vegetable

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