



Winter Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>					
<b>Meat/Alternative</b>	Scrambled eggs		Hard boiled eggs		
<b>Grain Product</b>	Whole wheat toast	Granola		Pancakes	Toasted English muffins
<b>Fruit/Vegetable</b>	Spinach	Honey dew melon	Cucumber	Cranberries	Avocado
<b>Milk Product</b>	Milk	Milk Yogurt	Milk	Milk	Milk Cream cheese
<b>Other</b>	Ketchup			Syrup	
<b>Lunch</b>	<b>Vegetarian Spaghetti</b>	<b>Chicken with Rice &amp; Beans</b>	<b>Sloppy Joes</b>	<b>Chicken Noodle Soup</b>	<b>Pork Roast</b>
<b>Meat/Alternative</b>		Chicken	Ground beef	Chicken	Pork
<b>Grain Product</b>	Whole wheat spaghetti Buns	Rice	Buns	Buns Noodles	
<b>Vegetable</b>	Caesar salad Infant/Toddler veg*	Beans	Peppers Tomatoes	Carrots Celery Onions	Mashed potatoes Carrots
<b>Fruit</b>	Grapes	Pineapple	Cantaloupe	Watermelon	Honey Dew
<b>Milk Product</b>	Milk Parmesan cheese	Milk	Milk	Milk	Milk
<b>Other</b>	Dressing Tomato sauce Butter	Soy sauce		Butter	Gravy
<b>Afternoon Snack</b>					
<b>Meat/Alternative</b>	Chia seeds		WOWBUTTER		
<b>Grain Product</b>		Graham crackers	Melba toast	Homemade zucchini loaf	Nacho chips
<b>Fruit/Vegetable</b>	Apples	Banana	Grapes		
<b>Milk Product</b>	Yogurt				
<b>Other</b>					Salsa
<b>Canada Food Guide Servings</b>					
<b>Fruit/Vegetable</b>	2	2	2	3	2.5
<b>Grain</b>	3	2.5	1.5	3	1.5
<b>Milk</b>	3.5	3	2	2	2.5
<b>Meat/Alternative</b>	1.5	1	2.5	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
<b>Morning Snack</b>					
Meat/Alternative				Hard boiled eggs	
Grain Product	Granola	Cornflakes	Cream of wheat	Melba Toast	French toast
Fruit/Vegetable	Bananas	Blueberries	Kiwi	Cucumber	Honey dew melon
Milk Product	Milk	Milk	Milk	Milk	Milk
Other			Syrup Cinnamon		Syrup
<b>Lunch</b>					
	<b>Fish Filet</b>	<b>Tri-Coloured Noodles with Rose Sauce</b>	<b>Ham Salad Sandwiches</b>	<b>Spinach &amp; Beef Meatballs</b>	<b>Sweet &amp; Sour Chicken</b>
Meat/Alternative	Fish		Ham	Ground beef	Chicken
Grain Product	Rice	Tri-coloured noodles	Whole wheat bread	Bread crumbs	Quinoa
Vegetable	Green beans	Mixed Vegetables	Salad Cucumbers Tomatoes	Mashed potatoes	Vegetable Medley
Fruit	Apples Infant/Toddler fruit*	Honey dew melon	Grapes	Pineapple	Watermelon
Milk Product	Milk	Milk	Milk	Milk	Milk
Other	Soy sauce	Rosé sauce	Mayonnaise Salad dressing Pickles	Gravy	Sweet & sour sauce
<b>Afternoon Snack</b>					
Meat/Alternative		Hummus			Tuna salad
Grain Product	Rye bread	Salt-free Triscuits	Homemade banana muffins		Rice crackers
Fruit/Vegetable	Carrot sticks Infant/Toddler veg*	Peppers Infant/Toddler veg*		Apples Infant/Toddler fruit*	Cucumber
Milk Product				Yogurt	
Other	Spinach dip				
<b>Canada Food Guide Servings</b>					
Fruit/Vegetable	3	3	3.5	3	3
Grain	2.5	2.5	2.5	1	2.5
Milk	2	2.5	2.5	2.5	2.5
Meat/Alternative	1	1.5	1	2	1.5

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Winter Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>					
Meat/Alternative	Scrambled eggs				
Grain Product	Whole wheat toast	Shreddies	Cheerios	Oatmeal	Raisin bread
Fruit/Vegetable	Spinach	Bananas	Fruit smoothies	Watermelon	Cantaloupe
Milk Product	Milk	Milk	Milk	Milk	Milk
Other	Ketchup			Syrup	Butter
<b>Lunch</b>					
	<b>Broccoli Penne</b>	<b>Chicken with Quinoa and Beans</b>	<b>Beef Chili</b>	<b>Sheppard's Pie</b>	<b>Butternut Squash Mac &amp; Cheese</b>
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
<b>Afternoon Snack</b>					
Meat/Alternative					Ham salad
Grain Product	Bread sticks	Graham crackers	Nachos	Cereal snack mix	Rice crackers
Fruit/Vegetable	Apples Infant/Toddler fruit*		Salsa	Grapes	Cucumbers
Milk Product		Yogurt		Cheese	
Other					
<b>Canada Food Guide Servings</b>					
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
<b>Morning Snack</b>					
Meat/Alternative			Scrambled eggs		
Grain Product	Granola	Pancakes		Rye bread	Cheerios
Fruit/Vegetable	Bananas	Kiwi	Spinach	Oranges	Cranberries
Milk Product	Yogurt Milk	Milk	Milk	Milk	Milk
Other		Syrup	Ketchup	Butter	
<b>Lunch</b>					
	<b>Tuna Melts</b>	<b>Mango Chicken</b>	<b>Lasagna</b>	<b>Chicken Burgers</b>	<b>Potato &amp; Ham Soup</b>
Meat/Alternative	Tuna	Chicken	Ground beef	Chicken	Ham
Grain Product	Whole wheat buns	Rice	Noodles	Buns	Buns
Vegetable	Mixed Vegetables	Vegetables	Caesar salad Infant/Toddler veg*	Cucumber	Potato Tomatoes
Fruit	Grapes	Apples Infant/Toddler fruit	Watermelon	Cantaloupe	Pineapple
Milk Product	Milk	Milk	Milk	Milk	Milk
Other	Sesame Sauce	Mango Sauce	Salad dressing	Mayonnaise	Butter
<b>Afternoon Snack</b>					
Meat/Alternative	Hard boiled eggs	Baba Ganoush	Ham salad		WOWBUTTER
Grain Product		Salt-free Triscuits	Rice crackers	Quaker Oat Squares	Coconut Clusters
Fruit/Vegetable	Cucumber	Honeydew melon	Peppers	Grapes	Bananas
Milk Product				Cheese	
Other					
<b>Canada Food Guide Servings</b>					
Fruit/Vegetable	3	3	2.5	3	3
Grain	2	2.5	2.5	2	2.5
Milk	2.5	2	2.5	2.5	2
Meat/Alternative	1.5	1.5	2.5	1	1.5

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

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