



FALL/WINTER MENU 2016

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU CHANGES
MORNING SNACK	Cereal (Rice Krispies) & Fruit	Yogurt & Fruit	Toast with Jam or butter & Fruit	Hot Oatmeal w/Fresh Bananas &Cinnamon	Waffles & Syurp w/Fruit	<p>Menu items may change due to season and availability</p> <p>Hot Lunches Provided by Food For Tots</p>
	Milk	Orange Juice	Milk	Milk	Milk	
LUNCH	Tomato Beef Macaroni & Cheese served w/Mixed Veggies	Lean Beef Burger on a whole wheat bun served w/relish & Diced Carrots	Turkey & Cheese Lasagna served w/ Green Beans	Chicken & Bean Bowtie Pasta Soup served w/poatao scallion bun and baby carrots	Fish Sticks w/Brown Rice w/Peas & Corn	
	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	
Vegetarian Option				foodfor tots		
Afternoon Snack	Apple Sauce & Arrowroot Cookies	Cucumber & Cream Cheese Sandwiches	Cheese Cubes & Crackers	Goldfish Crackers & Raisin	Pita Bread & Spinach Dip	
	Infused water w/ fruit	Infused water w/ fruit	Infused water w/ fruit	Infused water w/ fruit	Infused water w/ fruit	
Infant Snack	Same as above	Grilled Cheese Sandwiches	Same as above	Goldfish Crackers	Pancakes	


FALL/WINTER MENU 2016

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU CHANGES
MORNING SNACK	Cereal (Rice Krispies) & Fruit	Yogurt & Fruit	Toast with Jam or butter & Fruit	Hot Oatmeal w/Fresh Bananas &Cinnamon	Waffles & Syurp w/Fruit	<p>Menu items may change due to season and availability</p> <p>Hot Lunches Provided by Food For Tots</p>
	Milk	Orange Juice	Milk	Milk	Milk	
LUNCH	 <p>Diced Teiyaki Chicken served w/ brown rice & veggie Medley</p>	<p>Beef Meatloaf w/gravy served w/ whole wheat bread peas & corn</p>	<p>Classic Macaroni & Cheese served with tri-colour chickpea salad</p>	<p>Chicken Nuggets served w/plum sauce, brown rice & baby carrots</p>	<p>Beef Tourtiere served with a french baguette and a garden salad with dressing</p>	
	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	
Vegetarian Option						
Afternoon Snack	Apple Sauce & Arrowroot Cookies	Cucumber & Cream Cheese Sandwiches	Cheese Cubes & Crackers	Goldfish Crackers & Raisin	Pita Bread & Spinach Dip	
	Infused water w/ fruit	Infused water w/ fruit	Infused water w/ fruit	Infused water w/ fruit	Infused water w/ fruit	
Infant Snack	Same as above	Grilled Cheese Sandwiches	Same as above	Goldfish Crackers	Pancakes	

FALL/WINTER MENU 2015

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU CHANGES
MORNING SNACK	Cereal (Rice Krispies) & Fruit	Yogurt & Fruit	Toast with Jam or butter & Fruit	Hot Oatmeal w/Fresh Bananas &Cinnamon	Waffles & Syurp w/Fruit	Menu items may change due to season and availability Hot Lunches Provided by Food For Tots
	Milk	Orange Juice	Milk	Milk	Milk	
LUNCH	Chicken Pot Pie Pasta served w/ green beans	Beef Chili served w/whole wheat baguette and green beans	Sweet & Sour Beef Meatballs served w/brown rice & diced carrots	Beef & Vegetable Soup served w/a Pretzel bun & baby carrots	Moroccan Chicken drumsticks served w/ brown rice and a garden salad w/dressing	
	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	
						
Vegetarian Option						
Afternoon Snack	Apple Sauce & Arrowroot Cookies	Cucumber & Cream Cheese Sandwiches	Cheese Cubes & Crackers	Goldfish Crackers & Raisin	Pita Bread & Spinach Dip	
	Infused water w/ fruit	Infused water w/ fruit	Infused water w/ fruit	Infused water w/ fruit	Infused water w/ fruit	
Infant Snack	Same as above	Grilled Cheese Sandwiches	Same as above	Goldfish Crackers	Pancakes	

FALL/WINTER MENU 2016

WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU CHANGES
MORNING SNACK	Cereal (Rice Krispies) & Fruit	Yogurt & Fruit	Toast with Jam or butter & Fruit	Hot Oatmeal w/Fresh Bananas &Cinnamon	Waffles & Syurp w/Fruit	<p>Menu items may change due to season and availability</p> <p>Hot Lunches Provided by Food For Tots</p>
	Milk	Orange Juice	Milk	Milk	Milk	
LUNCH	Pizza Quinoa Casserole served w/ Italian mixed veggies	Salisbury Steak served w/Roasted Potatoes, whole wheat bread & Veggie Medley	Beef Burger Taco served w/ whole wheat tortilla lettuce & peas	Tomato Alphabet Soup served w/ turkey slice on a whole wheat mini bagel and baby carrots	Whole Grain Spaghetti served w/ bolognese sauce, peas and corn	
	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	
Vegetarian Option						
Afternoon Snack	Apple Sauce & Arrowroot Cookies	Cucumber & Cream Cheese Sandwiches	Cheese Cubes & Crackers	Goldfish Crackers & Raisin	Pita Bread & Spinach Dip	
	Infused water w/ fruit	Infused water w/ fruit	Infused water w/ fruit	Infused water w/ fruit	Infused water w/ fruit	
Infant Snack	Same as above	Grilled Cheese Sandwiches	Same as above	Goldfish Crackers	Pancakes	