



Menu for Week 1

<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	Cereal Fresh Fruit Milk	Waffles Fresh Fruit Milk	Whole Wheat Bagel Cream Cheese Fresh Fruit Milk	Yogurt Fresh Fruit Milk	Whole Wheat Toast Jam Fresh Fruit Milk
<i>Lunch</i>	Spaghetti Ground Beef Tomato Sauce Corn Fresh Fruit Milk	Baked Chicken Rice Green Peas Fresh Fruit Milk	Tuna Salad Sandwiches Vegetables Fresh Fruit Milk	Chicken Soup Grilled Cheese Sandwiches Fresh Fruit Milk	Beef Koftas Pasta Vegetables Fresh Fruit Milk
<i>PM Snack</i>	Applesauce Crackers Water	Hummus Whole Wheat Pita Bread Vegetables Water	Cheese Crackers Fresh Fruit Water	WOW Butter Whole Wheat Pita Bread Vegetables Water	Banana Bread Fresh Fruit Water

Fresh fruit and water will be available at all times. Children in the infant room will be served homogenized milk. All other classrooms will receive 2% milk.

Substitute or menu alternatives will be offered in cases of allergies and food restrictions. Menus are based on the Canada's Food Guide, Eating Well with Canada's Food Guide, Nutrition for Healthy Term Infants and York Region's 'A Public Health Guide for Child Care Providers'.



Menu for Week 2

<i>Week 2</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	Cereal Fresh Fruit Milk	WOW Butter Whole Wheat Toast Fresh Fruit Milk	Pancakes Fresh Fruit Milk	Applesauce Crackers Milk	Yogurt Fresh Fruit Milk
<i>Lunch</i>	Macaroni and Cheese Eggs Vegetables Fresh Fruit Milk	Beef Meat Loaf Whole Wheat Buns Vegetables Fresh Fruit Milk	Mini Pizza Tomato Sauce Cheese, Vegetables Fresh Fruit Milk	Baked Fish Rice Vegetables Fresh Fruit Milk	Chicken Orzo Vegetables Fresh Fruit Milk
<i>PM Snack</i>	Croissants Vegetables Water	Marbled Cheese cubes Whole Wheat Pita Bread Vegetables Water	Trail Mix (2 types of cereal) Fresh Fruit Water	Hummus Whole Wheat Pita Bread Vegetables Water	Raisin Bread Fresh Fruit Water

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Menu for Week 3

<i>Week 3</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	Cereal Fresh Fruit Milk	Waffles Fresh Fruit Milk	Muffins Fresh Fruit Milk	Whole Grain Tortilla WOW Butter Fresh Fruit Milk	Applesauce Crackers Milk
<i>Lunch</i>	Tuna Salad Sandwich Vegetables Fresh Fruit Milk	Spaghetti Beef Meat Balls Vegetables Fresh Fruit Milk	Fish Stew Rice Vegetables Fresh Fruit Milk	Egg Frittata Broccoli, Cheese Whole Wheat Pita Bread Fresh Fruit Milk	Vegetable Soup Pasta Grilled Cheese Fresh Fruit Milk
<i>PM Snack</i>	Cream Cheese Crackers Fresh Fruit Water	Raisin Bread Fresh Fruit Water	Cheese Whole Wheat Pita Bread Vegetables Water	Trail Mix (2 types of cereal) Fresh Fruit Water	Yogurt Fresh Fruit Water

Fresh fruit and water will be available at all times. Children in the infant room will be served homogenized milk. All other classrooms will receive 2% milk.

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Menu for Week 4

<i>Week 4</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	Cereal Fresh Fruit Milk	Yogurt Crackers Fresh Fruit Milk	Waffles Fresh Fruit Milk	Whole Wheat Toast Jam Fresh Fruit Milk	Banana Bread Fresh Fruit Milk
<i>Lunch</i>	Chicken Soup Grilled Cheese Vegetables Fresh Fruit Milk	Mini Pizza Chicken Vegetables Fresh Fruit Milk	Tuna Casserole Vegetables Fresh Fruit Milk	Beef Hamburger Whole Wheat Bun Potatoes Fresh Fruit Milk	Chicken Stir Fry Egg Noodles Vegetables Fresh Fruit Milk
<i>PM Snack</i>	Raisin Bread Fresh Fruit Water	Trail Mix (2 types of cereal) Fresh Fruit Water	Croissants Vegetables Water	Fruit Smoothie Yogurt Water	Cheese Crackers Fresh Fruit Water

Fresh fruit and water will be available at all times. Children in the infant room will be served homogenized milk. All other classrooms will receive 2% milk.

Substitute or menu alternatives will be offered in cases of allergies and food restrictions. Menus are based on the Canada's Food Guide, Eating Well with Canada's Food Guide, Nutrition for Healthy Term Infants and York Region's 'A Public Health Guide for Child Care Providers'.