

Early Beginnings Multicultural Child Development Centre

Week 1 Menu



WEEK 1		Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fruit / Vegetable	Dried Cranberries	Fresh Fruit	Apple Slices	Fresh Fruit	Fresh Fruit
	Grain	Cheerios	Breakfast Pita	Toasted WW English Muffin	Homemade Muffins	Bagels
	Meat & Alternative			Boiled egg		
	Milk and alternatives	Milk 2%	Milk 2%	Milk 2%	Milk 2%	Milk 2%
	Milk and alternatives					Cream cheese
				Jam		
Lunch	Soup		Barley and Vegetable soup			Pea Soup
	Main Dish	Macaroni & Cheese	Roast turkey sandwiches	Fish Sticks	Chicken Stir Fry	Homemade Pizza
	Grain	WW bread	WW bread	WW bread	Rice	WW crust/Challah
	Fruit / Vegetable	Green beans & Finger Vegetables	Cucumber slices	Pickles, Mashed Potatoes, Baby Carrots	Tomatoes & Mixed Vegetables	Red & Green Peppers
	Other	Water	Water	Water	Water	Water
PM Snack	Fruit / Vegetable	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Grain	Homemade Oatmeal & Raisin Cookies	Homemade "Bits & Bites"	Graham Crackers	Pretzel crackers	Rice cakes
	Meat & Alternative			Cream Cheese	Hummus	WowButter
	Milk and alternatives	Milk 2%		Milk 2%		Milk 2%
			Raisins			Jam
	Other	Water	Water	Water	Water	Water

This menu is designed to provide approximately 50% of the recommended number of Canada Food Guide Servings per day for Children aged 2-8 years old. Tuesday's and Thursday's are meat days. Due to the observance of Kosher dietary laws, these days are low in servings of Milk and alternatives.

*Finger vegetables include: carrots, celery, green and red peppers, cucumbers and sliced tomatoes. Seasonal fresh fruit will be served based on availability each week.

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Week 2 Menu



WEEK 2		Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fruit / Vegetable	Oranges	Apples	Grapes	Apples	Bananas
	Grain	Rice Krispies	Homemade Muffins	Breakfast Pita	Bagels	Granola
	Meat & Alternative					
	Milk	Milk 2%	Milk 2%	Milk 2%	Milk 2%	Milk 2%
	Other				Cream Cheese	Yoghurt
Lunch	Soup	Butternut Squash soup		Alphabet Vegetable Soup		
	Main Dish	Grilled Cheese Sandwiches	Homemade Meat Sauce	Tuna Melts	Baked Chicken Breast	Macaroni and Cheese
	Grain	WW Bread	WW Pasta	WW Kaisers	Rice	WW Bread
	Vegetable	Green peppers	Cucumbers & Corn	Finger Vegetables	Green peppers & Mixed Vegetables	Green Beans & Finger veggies
	Other	Water	Water	Water	Water	Water
PM Snack	Fruit / Vegetable	Raisins/Craisins and Fresh Fruit	Pineapple Chunks	Seasonal Fresh Fruit	Raw Veggie Plate	Seasonal Fresh Fruit
	Grain	Crackers (variety)	Pita	Melba Toast	"Popcorners" (crackers)	Banana Muffins
	Milk and alternatives	Milk 2%	Hummus	Milk 2%		Milk 2%
				Cream Cheese		
	Other	Water	Water	Water	Water	Water

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Week 3 Menu



WEEK 3		Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fruit / Vegetable	Oranges, Raisins	Fresh Fruit	Pears, Jam	Apples	Banana
	Grain	Multigrain Cheerios	Muffins	English Muffins	Cinnamon Buns	Rice Krispies
	Meat & Alternative					
	Milk and alternatives	Milk 2%	Milk 2%	Milk 2%	Milk 2%	Milk 2%
	Milk and alternatives		Cream Cheese	Wow Butter		
Lunch	Soup		Matzah ball soup	Carrot Soup		
	Main Dish	Vegetarian Lasagna	Roast Turkey Sandwiches	Tuna salad, egg salad, and cheese	Homemade Chili	Scrambled Eggs
	Grain	Whole wheat bread	WW Bread or Knots	Wraps	Rice, WW Bread	Challah Bread/Bagels
	Vegetable	Baby carrots & Finger Vegetables	Cucumbers	Finger Vegetables	Tomatoes & Corn	Raw veggie plate
		Water	Water	Water	Water	Water
		Cream Cheese	Cucumbers			
PM Snack	Fruit / Vegetable	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Grain	Whole wheat vegetable Crackers	Homemade Bits and Bites	Cereal Bars	Pretzels	Penguin crackers
	Meat & Alternative	Wow Butter	Raisins		Hummus	Cheese
	Milk and alternatives			Yoghurt		Milk 2%
	Milk and alternatives					
	Other	Water	Water	Water	Water	Water

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Week 4 Menu



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AM Snack	Fruit / Vegetable	Oranges	Pears	Grapes	Bananas	Apples
	Grain	Apple Cinnamon Cheerios	Bagels	Breakfast Pita	Rice Krispies	Homemade Muffins
	Meat & Alternative					
	Milk and alternatives	Milk 2%	Milk 2%	Milk 2%	Milk 2%	Milk 2%
	Milk and alternatives		Cream Cheese			
	Other					
Lunch	Soup	Barley & Bean Soup		Minestrone Soup		
	Main Dish	Tuna Melts	Homemade Meatballs	Tuna/Egg/Cheese Sandwiches	Homemade Chicken Fingers	Zucchini Quiche
	Grain	WW Bread	Orzo	WW Bread	Rice	WW Bread
	Vegetable	Raw Veggie plate	Tomatoes & Baby Carrots	Veggie Plate	Cucumbers & Mixed Vegetables	Corn & Raw veggies
	Other	Water	Water	Water	Water	Water
PM Snack	Fruit / Vegetable	Seasonal Fresh Fruit	Veggie Plate	Seasonal Fresh Fruit	Applesauce	Seasonal Fresh Fruit
	Grain	Animal Crackers	Popcorners Crackers	Granola Bars	Social Tea Biscuits	Graham Crackers
	Milk and alternatives	Milk 2%	Salsa	Milk 2%	Raisins	Cream Cheese
	Milk and alternatives			Yogurt		
	Other	Water	Water	Water	Water	Water

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