

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>  Water	Whole Wheat Bagels with WOW Butter, Banana Slices and Coconut	*Yogurt WOW-Dip  Fresh Fruit	Whole-Wheat Crackers and Cheese  Fresh Fruit	*Fruity Overnight Oats	*Banana Bread or Banana Muffins  Fresh Fruit
<b>Lunch</b>  Water Milk	*Homemade Macaroni and Cheese  *Chickpea and Veggie Salad  Fresh Fruit	*Ground Beef and Vegetable Stew <i>(V=*Bean and Vegetable Stew)</i>  Whole Wheat Dinner Rolls  Fresh Fruit	*Homemade Creamy Carrot & Lentil Soup *Chicken Breast, Egg Salad or Tuna Sandwiches on Whole-wheat Bread (pick 2 sandwich options) <i>(V=*Cheese or Salad Sandwich)</i>  Fresh Fruit	*Korean Beef, Veggie and Noodle Bowls <i>(V=*Tofu, Veggie and Noodle Bowls)</i>  Cucumber slices  Fresh Fruit	*Homemade Baked Breaded or Herbed Chicken <i>(V=*Cheeky Chickpea and Potato Cakes)</i>  Rice  Steamed Peas  Fresh Fruit
<b>PM Snack</b>  Water	*Muffin Tin Eggs and Carrot Sticks	Whole Wheat Tortilla Roll Ups with cream cheese, apple slices and cinnamon	*Homemade Berry Bonanza Muffins  Fresh Fruit	Veggies & Ranch Dip  Whole Grain Crackers	*Jungle Pudding  Graham Wafers

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- V=Vegetarian option listed in *italics*
- Early arrivals: cereal, milk and fruit are always available.
- Late afternoon pickups: remaining snack items as well as cereal snack mix is always available.
- To ensure variety and seasonal offerings, fruit choice will be posted on the daily fruit log.
- Infants will be offered the same as older children when developmentally appropriate.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>  Water	Yogurt  Fresh Fruit	*Finger-food French Toast Sticks (served hot or cold with no syrup) Fresh Fruit	Whole Wheat Bagels and Wacky Whipped Cream Cheese  Fresh Fruit	*Homemade Crazy Carrot Loaf or Muffins  Fresh Fruit	*Homemade Granola Bars  Fresh Fruit
<b>Lunch</b>  Water Milk	*Homemade Chicken & Vegetable Noodle Soup <i>(V=*Bean &amp; Vegetable Soup)</i> *Chicken Breast, Egg Salad or Tuna Sandwiches on Whole-wheat Bread (pick 2 sandwich options) <i>(V=Cheese or Veggie Sandwich)</i> Fresh Fruit	*Beef, Bean and Vegetable Chilli  <i>(V=*Bean and Vegetable Chili)</i> Whole Wheat Dinner Rolls  Fresh Fruit	*Chicken Cacciatore <i>(V=*Vegetable Cacciatore with Chickpeas or Lentils)</i>  Pasta  Steamed Green Beans  Fresh Fruit	*Whole Wheat Pita Cheese Pizza with Homemade Tomato Vegetable Sauce  *Chickpea and Veggie Salad  Fresh Fruit	Chefs Choice Menu  Details will be posted on the menu changes form and meal will include a serving from each of the food groups  Fresh Fruit
<b>PM Snack</b>  Water	Veggies and *Goofy Green Dip  Whole Grain Crackers	*Homemade Whole Wheat Confetti Scones with Blueberries.  Fresh Fruit	*Mini open-faced sandwich rolls with cheese or turkey  Cucumber Coins and Red Pepper Sticks	*No-bake Chocolate Fudge Cookies  Fresh Fruit	*Whole-wheat Tortilla WOW Butter and banana Roll Ups

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<b>AM Snack</b>  Water	Whole Wheat Toast with Fruit Spread and WOW butter  Fresh Fruit	*Baked Apple Oatmeal Cups  Fresh fruit	Yogurt and *Homemade Groovy Granola  Fresh Fruit	*Homemade Oatmeal Cookies  Fresh Fruit	*Banana Oat Energy Bites  Fresh Fruit
<b>Lunch</b>  Water Milk	*Pasta with Homemade Lentil Tomato and Vegetable Sauce  Caesar Salad  Fresh Fruit	*Homemade Bean & Vegetable Soup  * Chicken Breast, Egg Salad or Tuna Sandwiches on Whole-wheat Bread /pitas (pick 2 sandwich options) (V=*Cheese or Veggie Sandwich) Fresh Fruit	*Homemade Baked Herbed or Breaded Fish (V= *Cheeky chickpea and potato sticks)  Rice  Steamed Carrots  Fresh Fruit	*Homemade Meatballs or Meatloaf with Homemade BBQ Sauce (V=*Veggie Ground Round "Meatballs")  Roasted or Fresh Mashed Potatoes Steamed Peas  Fresh Fruit	*Vegetable and Cheese Frittata (V=*Homemade Veggie Burger and Veggies)  Whole Wheat Dinner Rolls  Fresh Fruit
<b>PM Snack</b>  Water	* Crazy Coconut Fun Mix (with Shreddies, Cheerios Pretzels, Sunflower/Pumpkin Seeds, Roasted Chick Peas and Long Strand Coconut)  Fresh Fruit	*Bogus Black Bean Brownies and Fresh Fruit	Veggies & Ranch Dip  Whole Grain Crackers	*Tuna Sandwich on Whole-wheat Bread and Cucumber Wheels	*Homemade Crunchy Pita Wedges with *Homemade Salsa & Guacamole

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<b>AM Snack</b>  Water	*Homemade Healthier Cereal Snack Mix  Apple Slices	*Baked Happy Hawaiian Oatmeal  Fresh Fruit	*Yogurt WOW-Dip  Fresh Fruit	* Banana Oat Monkey Bars  Fresh Fruit	* Lemon Poppy Seed Loaf or Muffins  Fresh fruit
<b>Lunch</b>  Water Milk	*Pasta Baked with Lean Ground Beef, Homemade Pasta Sauce and Cheese <i>(V=*Homemade Pasta Sauce with Veggie Ground Round)</i> Tossed Salad  Fresh Fruit	*Homemade Carrot, Apple and Lentil Soup  *Chicken Breast, Egg Salad or Tuna Sandwiches on Whole-Wheat Bread / pitas (pick 2 sandwich options) <i>(V=*Cheese or Veggie Sandwich)</i> Fresh Fruit	*Chicken and Vegetable Rice Bake <i>(V=*Tofu and Vegetable Rice Bake)</i>  Fresh Fruit	*Taco Salad with Beef Black Beans, Tomatoes, Cucumbers, Lettuce, Cheese, Homemade Salsa & Ranch Dressing <i>(V= *as above with beans)</i>  *Whole-wheat Baked Tortilla Crisps  Fresh Fruit	Chefs Choice Menu  Details will be posted on the menu changes form and meal will include a serving from each of the food groups  Fresh Fruit
<b>PM Snack</b>  Water	Veggies with Ranch Dip  Whole Grain Crackers	*Frozen Fruit Yogurt Bites  Fresh Fruit	*Cheesy Pizza Puffs  Snap Peas & Cucumbers	*Chocolate Zucchini Bread  Fresh Fruit	Whole-wheat Tortilla Roll ups with Herb Flavoured Cream Cheese and Grated Carrots

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<b>AM Snack</b>  Water	Whole-Wheat English Muffins With Fruit Spread  Fresh Fruit	Yogurt with Bran buds  Fresh Fruit	*Outrageous Oatmeal Energy Balls  Fresh Fruit	Unsweetened Applesauce  Graham Crackers	*Banana Chocolate Chip Muffins / Loaf  Fresh Fruit
<b>Lunch</b>  Water Milk	*Vegetable and Cheese Frittata <i>(V=*Veggie burger and veggies)</i>  Whole Wheat Dinner Rolls  Fresh Fruit	*Butter Chicken Curry <i>(V=*Chickpea and Vegetable Curry)</i>  Rice  Peas  Fresh Fruit	*Homemade Creamy Broccoli, Lentil & Cheese Soup *Chicken Breast, Egg Salad or Vegetable & Cheese Sandwiches on Whole Wheat Bread or Pitas (pick 2 sandwich options) <i>(V=*Cheese or Veggie Sandwich)</i>  Fresh Fruit	*Roast Chicken or BBQ Chicken *Quinoa and Vegetable Pilaf  <i>(V=*Quinoa, Lentil and Vegetable Pilaf)</i>  Fresh Fruit	* Fish Tacos on Whole Wheat Tortillas with Lettuce, Diced Peppers, Cheese and Homemade Salsa  <i>(V=*Soft Bean Tacos with fixings above)</i>  Fresh Fruit
<b>PM Snack</b>  Water	Veggies with Ranch Dip  Whole Grain Crackers	*Egg Salad Sandwich/pitas with Rainbow Pepper Sticks	Whole Grain Crackers With Cheese  Fresh fruit	*Wizard Bars  Fresh Fruit	*Fish on a River (Celery with Cream Cheese and Fish Crackers)

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