



**MENU: WEEK 1**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING SNACK</b>	Assorted Cereal Milk Fruit	Fruit Muffins/Loaf Fruit	Bagel Cream Cheese Fruit	Pancakes Fruit	Yogurt Fruit
<b>MID MORNING SNACK</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>LUNCH</b>	Spaghetti Red Lentil Sauce Garden Salad Fruit Milk Bread	Chicken Stir Fry Brown Rice Fruit Milk Bread	Shepherd's Pie Garden Salad Fruit Milk Bread	Vegetable soup Turkey Sandwich Crackers Cucumbers Fruit Milk	Chicken Potatoes Broccoli Fruit Milk Bread
<b>AFTERNOON SNACK</b>	Cracker Cheese Pickles Fruit	Hummus Assorted Veggies Naan Bread Fruit	Assorted Veggies Dip Fruit	Tortilla Chips Salsa Fruit	No-Bake Toasted Oat Granola Bars Fruit

Canada's Food Guide encourages us to make water our drink of choice, have plenty of vegetables and fruits (one half of the plate) eat protein foods (one quarter of plate) and to choose whole grain foods (one quarter of plate).

NOTES:



**MENU: WEEK 2**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING SNACK</b>	French Toast Fruit	Assorted Cereal Fruit Milk	Fruit Muffin Fruit	English Muffin Jam Fruit	Yogurt Fruit
<b>MID MORNING SNACK</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>LUNCH</b>	Mini Beef Burgers Mini Slider Buns Baked Sweet Potato Wedges Caesar Salad Fruit Milk	Penne Pasta with Ground Beef Tomato Sauce Garden Salad Fruit Milk Bread	Ham Mashed Potatoes Carrots Fruit Milk Bread	Vegetable Chili Fruit Milk Bread	Tomato Soup Grilled Cheese Crackers Cucumbers Fruit Milk
<b>AFTERNOON SNACK</b>	Loaf Fruit	Apple Crisp Fruit	Crackers Cheese Pickles Fruit	Assorted Veggies Dip Fruit	Oatmeal Cookies Fruit

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NOTES:



**MENU: WEEK 3**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING SNACK</b>	Yogurt Fruit	Pancakes Fruit	Bagel Cream Cheese Fruit	Assorted Cereal Milk Fruit	Fruit Muffins Fruit
<b>MID MORNING SNACK</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>LUNCH</b>	Quesadilla Cucumbers Fruit Milk	Quinoa casserole Garden salad Fruit Milk Bread	Mac & cheese Carrots Fruit Milk Bread	Vegetable Lasagna Garden Salad Fruit Bread Milk	Turkey Meatballs Brown Rice Broccoli Bread Fruit Milk
<b>AFTERNOON SNACK</b>	Cheese Crackers Pickles Fruit	Apple Sauce Scone Fruit	Frozen Yogurt Fruit	Tortilla Chips Hummus Fruit	Vegetables and Dip Fruit

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NOTES:



**MENU: WEEK 4**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING SNACK</b>	Assorted Cereal Milk Fruit	Apple Sauce Toast Fruit	French toast Fruit	English Muffin Jam Fruit	Yogurt Fruit
<b>MID MORNING SNACK</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>LUNCH</b>	Pasta Alfredo Sauce Chicken Garden Salad Bread Fruit Milk	Mini Turkey Burgers Mini Slider Buns Potatoes Garden Salad Fruit Milk	Pizza Mixed Vegetable Sticks Fruit Milk	Chicken & Rice Soup Grilled Cheese Sandwich Crackers Cucumbers Fruit Milk	Meat Loaf Potatoes Peas Bread Fruit Milk
<b>AFTERNOON SNACK</b>	Loaf/Muffin Fruit	Trail Mix Fruit	Tortilla chips Salsa Fruit	Vegetables and Dip Fruit	Cheese Pickles Crackers Fruit

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