

❧ Winter Menu ❧

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with Milk
AM Snack	Tea biscuit Fruit	Oatmeal Cranberries	Muffin Fruit	Smoothie Biscuits	Scrambled eggs Toast Fruit
Lunch	Chicken pot pie Bretons Fruit	Ham & cheese scones Roasted vegetable salad Fruit	Goulash Buttered bread Fruit	Butternut squash soup Grilled cheese sandwich Fruit	Burrito bowls Nann bread Fruit
PM Snack	Yogurt Fruit	Apples with wow butter Biscuit	Cheese Crackers Veggies & dip	Loaf Fruit	Fruit pizza

Children in the Infant and Toddler programs will be offered milk with their breakfast and lunch.

Older children will be given a choice between milk and water at breakfast and lunch.

All children will be offered water during morning and afternoon snacks and at regular intervals throughout the day.

❧ Winter Menu ❧

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk
AM Snack	Toast with jam Fruit	Pancakes Fruit	Bagels with cream cheese Fruit	Egg & cheese English muffin Fruit	Fruit & yogurt smoothie Biscuits
Lunch	Pasta with hidden veggie meat sauce Garlic bread Fruit	Sausage & hashbrown casserole Fruit	Beef barley vegetable soup Dinner roll Fruit	Fish & chips Coleslaw Fruit	Chicken divan Fruit
PM Snack	Trail mix Fruit	Yogurt Biscuits	Cheese Crackers Fruit	Muffin Fruit	Rice Krispy square Fruit

Children in the Infant and Toddler programs will be offered milk with their breakfast and lunch.

Older children will be given a choice between milk and water at breakfast and lunch.

All children will be offered water during morning and afternoon snacks and at regular intervals throughout the day.

❧ Winter Menu ❧

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk
AM Snack	Muffin Fruit	Quiche Fruit	Toasted English muffin Fruit	Smoothie Biscuit	Scrambled eggs Toast with jam
Lunch	Meatballs Fried rice Bretons Fruit	Chicken and vegetable quesadilla Veggies & dip Fruit	Ham Rice Vegetable Fruit	Pizza Veggies & dip Fruit	Tortellini casserole Fruit
PM Snack	Apples with wow butter Biscuits	Blueberry oat bar Fruit	Fruit Pizza	Trail mix Fruit	Apple sauce loaf Fruit

Children in the Infant and Toddler programs will be offered milk with their breakfast and lunch.

Older children will be given a choice between milk and water at breakfast and lunch.

All children will be offered water during morning and afternoon snacks and at regular intervals throughout the day.

❧ Winter Menu ❧

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk
AM Snack	Scones Fruit	Fruit & yogurt smoothie Biscuit	Waffles Fruit	Tea Biscuits Fruit	Pancakes Fruit
Lunch	Chicken Divan Bretons	Hamburgers Veggies & dip	Chicken tenders Cauliflower bites Cucumber	Hidden vegetable lasagna Garlic Bread	Lentil soup Buttered bread
	Fruit	Fruit	Fruit	Fruit	Fruit
PM Snack	Cheese Crackers Fruit	Loaf Fruit	Yogurt with granola Fruit	Trail mix Apple sauce	Muffin Fruit

Children in the Infant and Toddler programs will be offered milk with their breakfast and lunch.

Older children will be given a choice between milk and water at breakfast and lunch.

All children will be offered water during morning and afternoon snacks and at regular intervals throughout the day.