



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
AM Snack	Cereal	Carrot Muffin	Yogurt with Granola	Fruit Grain Flats	Hard boil egg with crackers
Lunch	Fish Sticks Rice & Vegetables ½ Slice Bread Tartar sauce Seasonal Fresh Fruit <hr/> Milk Temp_____	Tortellini in a cream sauce Broccoli florets Seasonal Fresh Fruit <hr/> Milk Temp_____	Chicken nuggets Cucumbers Bun Plum sauce Seasonal Fresh Fruit <hr/> Milk Temp_____	Vegetable Lasagna with TVP Seasonal Fresh Fruit <hr/> Milk Temp_____	Beef sausage Stir fry with rice And Peas Seasonal Fresh Fruit <hr/> Milk Temp_____
Vegetarian	Zucchini sticks	SAME	Falafel balls	SAME	Tofu
PM Snack	Cheese & Crackers Fresh Fruit	Healthy Oat Squares Fresh Fruit	Banana Bread Fresh Fruit	Granola Bar Fresh Fruit	Pretzel bites with cheese dip Fresh Fruit

* AM Fruit optional

Seasonal Fruits: Apple, Orange, Banana, Pear, Watermelon or Seedless Grapes.

Our menu is approved by a Registered Dietician.

Each meal meets the Canadian Food Guide requirements, including all food groups.

Only quality ingredients are used. Our meals are prepared fresh daily.

* All vegetarian meals include a protein.



Healthy Head Start for Kids

Fall/Winter Menu

Date: _____

WEEK 2

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
AM Snack	Cereal	Banana Muffin	Yogurt with Granola	Waffles with Syrup	Nutri Grain Bar
Lunch	Fish Burger/ Tartar sauce Bun Garden Salad with Cucumber Seasonal Fresh Fruit _____ Milk Temp_____	Beef Stew with Potatoes and Vegetables Seasonal Fresh Fruit _____ Milk Temp_____	Chicken Chow Mein With vegetables Seasonal Fresh Fruit _____ Milk Temp_____	Chicken Noodle Soup Bun Butter Seasonal Fresh Fruit _____ Milk Temp_____	Cavatappi pasta with Meatballs Baby Carrots Seasonal Fresh Fruit _____ Milk Temp_____
Vegetarian	Veggie Burger	Veggie Stew	Falafa ball Chow mein	Veggie Soup with Tofu	Cavatappi with TVP
PM Snack	Rice Crispy Square Fresh Fruit	Bread sticks with WOW Butter Fresh Fruit	Chocolate Zucchini Muffin Fresh Fruit	Cranberry scone Fresh Fruit	Cucumber rings with Ranch dip Fresh Fruit

* AM Fruit optional

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Healthy Head Start for Kids

Fall/Winter Menu

Date: _____

WEEK 3

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
AM Snack	Cereal	Apple Current Breakfast Flats	Yogurt with Granola	Mini Bagel with Butter	Pancakes with Syrup
Lunch	Spinach/Feta Chicken Kafta with Rice Seasonal Fresh Fruit _____ Milk Temp_____	Beef Chow Mein Seasonal Fresh Fruit _____ Milk Temp_____	Chicken/Rice/Vegetable Soup Bun Butter Seasonal Fresh Fruit _____ Milk Temp_____	Perogies Broccoli $\frac{1}{2}$ slice of bread Seasonal Fresh Fruit _____ Milk Temp_____	Breaded Fish Finger with Mash Potatoes and Peas Seasonal Fresh Fruit _____ Milk Temp_____
Vegetarian	Veggie Burger	Tofu Chow Mein	TVP/rice and vegetables soup	SAME	Falafels
PM Snack	Bread Sticks with WOW Butter Fresh Fruit	Healthy Brownie Fresh Fruit	2 Mini Croissant Fresh Fruit	Carrot Loaf Fresh Fruit	Baby carrots with Ranch dip Fresh Fruit

* AM Fruit optional

Seasonal Fruits: Apple, Orange, Banana, Pear, Watermelon or Seedless Grapes.

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Healthy Head Start for Kids

Fall/Winter Menu

Date: _____

Week 4

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
AM Snack	Cereal	Lemon cranberry muffin	Yogurt with Granola	Rice Cakes with Jam	Raisin bread
Lunch	Cheese Omelet with ½ slice bread potatoes and cucumber	Basa Fish with herb potatoes and corn	BBQ Chicken with Rice, Broccoli florets	Chicken Fried rice with vegetables	Fusilli Pasta with Meat Sauce Baby Carrots
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Milk Temp_____	Milk Temp_____	Milk Temp_____	Milk Temp_____	Milk Temp_____
Vegetarian	SAME	Falafel Balls	BBQ Tofu	Tofu Fried Rice	Fusilli Pasta with TVP
PM Snack	Crackers with Cheese Fresh fruit	Veggie & Dip Fresh Fruit	Bread Sticks with Wow Butter Fresh Fruit	Brenton crackers Fresh Fruit	Belly Bear graham cookies Fresh Fruit

* AM Fruit optional

Seasonal Fruits: Apple, Orange, Banana, Pear, Watermelon or Seedless Grapes.

Our menu is approved by a Registered Dietician.

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Only quality ingredients are used. Our meals are prepared fresh daily.

* All vegetarian meals include a protein,