



Healthy Head Start for Kids

Spring/Summer Menu
WEEK 1

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
AM Snack	Healthy Cereal *Fresh Fruit Milk	Carrot Muffin *Fresh Fruit Milk	Fruit Flavored Yogurt With Granola *Fresh Fruit Milk	Raisin Bread Butter *Fresh Fruit Milk	Nutri Grain Bar *Fresh Fruit Milk
Lunch	Sunny Side up Egg English Muffin Sandwich Cucumber rings Seasonal Fresh Fruit Milk	Sloppy Joe Bun Mixed Vegetables Seasonal Fresh Fruit Milk	Fish Sticks Rice & Vegetables Tatar sauce Seasonal Fresh Fruit Milk	Chicken Nuggets Garden Salad Cucumbers Ciabata Bite Plum Sauce Seasonal Fresh Fruit Milk	Tortellini in a cream sauce Peas on the side Seasonal Fresh Fruit Milk
Vegetarian	SAME	TVP Sloppy Joe	Breaded Zucchini sticks	Falafal	SAME
PM Snack	Healthy Brownie Fruit	Fruit grain flats Fruit	Oatmeal Cookie Fruit	Graham Crackers with Cinnamon Butter Fruit	Cucumber rings with Ranch dip 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.*



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WEEK 2

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
AM Snack	Healthy Cereal *Fresh Fruit Milk	Apple/Cinnamon Muffin *Fresh Fruit Milk	Fruit Flavored Yogurt With Granola *Fresh Fruit Milk	Waffles With Syrup *Fresh Fruit Milk	Mini Bagel With WOW Butter *Fresh Fruit Milk
Lunch	Basa Fish with Herb Potatoes Baby Carrots Seasonal Fresh Fruit Milk	Chicken Penne in a Rose sauce With Cauliflower Seasonal Fresh Fruit Milk	Lentil Soup Dinner Roll Butter Seasonal Fresh Fruit Milk	Chicken Caesar Salad Ciabata Bite Seasonal Fresh Fruit Milk	Fussily with Meatballs Baby Carrots Seasonal Fresh Fruit Milk
Vegetarian	Falafal balls	Tofu Penne in a rose sauce	SAME	Tofu Caesar Salad	Veggie balls
PM Snack	Healthy Oat Squares Fruit	Brenton Crackers Fruit	Banana Bread loaf Fruit	Apple Sauce with Crackers Fruit	Baby Carrots with Ranch Dip Fruit

*** AM Fruit optional**

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WEEK 3

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
AM Snack	Healthy Cereal *Fresh Fruit Milk	Lemon/Cranberry Muffin *Fresh Fruit Milk	Fruit Flavored Yogurt With Granola *Fresh Fruit Milk	Mini Bagel With Cinnamon Butter *Fresh Fruit Milk	Hard Boiled Egg Crackers *Fresh Fruit Milk
Lunch	Spinach/Feta Kafta With Rice & Vegetables Seasonal Fresh Fruit Milk	Fish Taco Soft Taco Shell Tartar sauce Lettuce Cucumber slices Seasonal Fresh Fruit Milk	Meatballs with Rice Pease & Corn Seasonal Fresh Fruit Milk	Chicken Steakette Potatoes tots Baby Carrots Seasonal Fresh Fruit Milk	Cheese Ravioli in a tomato sauce Broccoli florets Seasonal Fresh Fruit Milk
Vegetarian		TVP Taco	Falafal Balls with Rice Peas & Corn	Veggie Burger	SAME
PM Snack	Cranberry Scone Fruit	Carrot Loaf Fruit	Granola Bar Fruit	Bread Sticks with wow butter Fruit	Crackers with Cheese Fruit

* AM Fruit optional

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Week 4

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
AM Snack	Healthy Cereal *Fresh Fruit Milk	Banana Muffin *Fresh Fruit Milk	Fruit Flavored Yogurt With Granola *Fresh Fruit Milk	Pancakes With Syrup *Fresh Fruit Milk	Raisin Bread Butter *Fresh Fruit Milk
Lunch	Fish Burger/Tartar sauce Burger Bun Garden salad Cucumbers Seasonal Fresh Fruit Milk	Cauliflower Mac & Cheese Seasonal Fresh Fruit Milk	BBQ Chicken with Rice and peas Seasonal Fresh Fruit Milk	Chick Pea/Bean Salad Ciabata Bite Baby Carrots Seasonal Fresh Fruit Milk	Fussili Pasta with Meat sauce Cucumbers Seasonal Fresh Fruit Milk
Vegetarian	Veggie Burger	SAME	BBQ Tofu	SAME	Fussili Pasta with TVP Baby Carrots
PM Snack	Apple Sauce with crackers Fruit	Banana Chocolate chip mini loaf Fruit	Baby Carrots Ranch Dip Fruit	Rice Crispy Square Fruit	Mini Pitas with Hummus dip Fruit

* AM Fruit optional

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