

# WINTER MENU (October to June)

Start Week 1  
Oct 29, 2018

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Apples, cereal, milk	Wrap, banana, wow butter, water	Hot oatmeal, apples, milk	Toast, pears, milk	Oatmeal muffin, oranges, milk
<b>LUNCH</b>	Ham & cheese on a bun, apple garden salad, milk	Chicken veggie stew, roll, melon, milk	Meatloaf, roll, garden salad, banana, milk	Spaghetti, veggie & meat sauce, oranges, milk	Veggie chili, rice, cheese, kiwi & melon, milk
<b>P.M. SNACK</b>	Raisin bread, carrots, water	Cheese, crackers, cucumbers, water	Broccoli, carrots, greek yogurt dip, water	Mini pita, hummus, cucumbers, water	Cereal mix, assorted fruit, water
WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Apples, cereal, milk	Raisin bread, milk	Mandarin oranges, yogurt, water	Apple sauce, animal crackers, water	Cereal mix, assorted fruit, water
<b>LUNCH</b>	Chicken vegetable soup, roll, melon, milk	Tuna on a bun with cheese, cucumber, oranges, milk	Cabbage roll casserole, cheese, rice, bananas, milk	Ham, potatoes, pineapple, milk	Cheese & broccoli quiche, english muffin, apples, milk
<b>P.M. SNACK</b>	Cucumbers, peppers, crackers, ranch dip, water	Bread sticks, peppers, hummus, water	Oatmeal muffin, carrots, water	Cheese, crackers, broccoli, water	Raspberries, yogurt, granola, water
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Apples, cereal, milk	Yogurt, blueberries, water	Cheese, apple slices, water	Oatmeal muffin, melon, milk	Cereal mix, banana, water
<b>LUNCH</b>	Chicken, roll, grape garden salad, milk	Sweet & sour pineapple meatballs, rice, peppers slices, milk	Baked rigatoni with cheese, caesar salad, melon, milk	Chicken cheese veggie casserole, kiwi & oranges, milk	Beef barley veggie soup, cheese, crackers, apples, milk
<b>P.M. SNACK</b>	Cauliflower, cucumber, goldfish cracker, water	Cucumber, crackers, wow butter, water	Bread sticks, broccoli, carrots, ranch dip, water	Apple sauce, animal crackers, water	Assorted fruit, yogurt tube, water
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Apples, cereal, milk	melon, graham crackers, milk	Apples, cheese, water	No bake oatmeal apple bites, banana, water	Berries, english muffin, milk
<b>LUNCH</b>	Sloppy Joes on a bun, greek salad, mandarin oranges, milk	White bean tomato macaroni soup, roll, apples, milk	Chicken veggie fried rice, cucumbers, pineapple, milk	Mini chicken & cheese pizza, grape garden salad, milk	Cauliflower white bean mac & cheese, oranges, milk
<b>P.M. SNACK</b>	Bread sticks, peppers, carrots, ranch dip, water	Raisin bread, cucumbers, water	Wraps, wow butter, banana, water	Cheese crackers, cucumbers, water	Assorted fruit, goldfish crackers, water
WEEK #5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Apples, cereal, milk	Apple sauce, yogurt, water	Hot oatmeal, apples, milk	Oranges, graham crackers, water	Eggs, melba toast, peppers, water
<b>LUNCH</b>	Chicken broccoli divan, rice, oranges, milk	Grilled cheese sandwich, black bean veggie quinoa salad, apples, milk	Fish, rice, corn, pineapple, milk	Beef veggie chili, roll, banana, milk	Italian wedding soup, cheese sandwich, melon, milk
<b>P.M. SNACK</b>	Mini pita, wow butter, cucumbers, water	Oatmeal muffin, carrots, water	Garlic cheese naan bread, cucumbers, water	Cheese, crackers, peppers, water	Assorted fruit, cheese, water

An additional healthy snack is provided for children who remain in care between 6pm to 7pm

\* All pasta & bread products are whole wheat; crackers are whole wheat unless otherwise stated.