

WINTER MENU (October to June)						Start Week 1 Oct 21, 2019
WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
A.M. SNACK	Apples, cereal, milk	Wrap, banana, wow butter, water	Hot oatmeal, apples, milk	Toast, pears, milk	Oatmeal muffin, oranges, milk	
LUNCH	Ham & cheese on a bun, apple garden salad, milk	Chicken veggie stew, roll, melon, milk	Meatloaf, roll, garden salad, banana, milk	Spaghetti squares (pasta, ground beef, spinach, peppers, cheese), oranges, milk	Veggie chili, rice, cheese, kiwi & melon, milk	
P.M. SNACK	Raisin bread, carrots, water	Cheese, crackers, cucumbers, water	Broccoli, carrots, crackers, ranch dip, water	Mini pita, hummus, cucumbers, water	Cereal mix. assorted fruit, water	
WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
A.M. SNACK	Apples, cereal, milk	Raisin bread, bananas, milk	Mandarin oranges, yogurt, water	Apple sauce, animal crackers, water	Cereal mix, assorted fruit, water	
LUNCH	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	
P.M. SNACK	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	
A.M. SNACK	Apples, cereal, milk	Yogurt, blueberries, water	Cheese, apple slices, water	Oatmeal muffin, melon, milk	Cereal mix, banana, water	
LUNCH	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	
P.M. SNACK	Peppers, carrots, cucumbers, crackers, 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	
A.M. SNACK	Apples, cereal, milk	melon, graham crackers, milk	Apples, cheese, water	No bake oatmeal apple bites, banana, water	Berries, english muffin, milk	
LUNCH	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	
P.M. SNACK	Cauliflower, peppers, crackers, 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	
A.M. SNACK	Apples, cereal, milk	Apple sauce, yogurt, water	Hot oatmeal, apples, milk	Oranges, graham crackers, water	Eggs, melba toast, oranges, water	
LUNCH	Chicken broccoli divan, rice, oranges, milk	Grilled cheese sandwich, black bean veggie quinoa salad, apples, milk	Fish, rice with corn, pineapple, milk	Beef veggie chili, roll, cucumbers, milk	Italian wedding soup, cheese sandwich, melon, milk	
P.M. SNACK	Mini pita, wow butter, cucumbers, water	Oatmeal muffin, carrots, water	Garlic cheese naan bread, cucumbers, water	Cereal, banana slices, milk	Assorted fruit, yogurt, 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.