

Menu for Week 1

<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	Cereal Fresh Fruit Milk	Waffles Fresh Fruit Milk	Whole Wheat Bagel Cream Cheese Fresh Fruit Milk	Oatmeal Hot Cereal with Milk Fresh Fruit	Whole Wheat Toast Jam Fresh Fruit Milk
<i>Lunch</i>	Kidney Beans Tomato Sauce Corn Rice Fresh Fruit Milk	Baked Chicken Spaghetti Green Peas Fresh Fruit Milk	Tuna Salad Sandwiches Vegetables Fresh Fruit Milk	Chicken Soup Grilled Cheese Sandwiches Fresh Fruit Milk	Ground Beef Pasta Vegetables Fresh Fruit Milk
<i>PM Snack</i>	Cheese Crackers Fresh Fruit Water	Hummus Whole Wheat Pita Bread Vegetables Water	Applesauce Crackers Water	WOW Butter Whole Wheat Pita Bread Vegetables Water	Banana Bread Fresh Fruit Water

Fresh fruit and water will be available at all times. Children in the infant room will be served homogenized milk. All other classrooms will receive 2% of milk.

Substitute or menu alternatives will be offered in cases of allergies and food restrictions. Menus are based on Canada's Food Guide, Eating Well with Canada's Food Guide, Nutrition for Healthy Term Infants and York Region's 'A Public Health Guide for Child Care Providers'.

Menu for Week 2

<i>Week 2</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	Cereal Fresh Fruit Milk	WOW Butter Whole Wheat Toast Fresh Fruit Milk	Pancakes Fresh Fruit Milk	Applesauce Crackers Milk	Yogurt Fresh Fruit
<i>Lunch</i>	Macaroni and Cheese Eggs Vegetables Fresh Fruit Milk	Chicken Orzo Vegetables Fresh Fruit Milk	Mini Pizza Tomato Sauce Cheese, Vegetables Fresh Fruit Milk	Baked Fish Rice Vegetables Fresh Fruit Milk	Beef Meat Loaf Whole Wheat Buns Vegetables Fresh Fruit Milk
<i>PM Snack</i>	Croissants Fruit Water	Marbled Cheese cubes Whole Wheat Pita Bread Vegetables Water	Trail Mix (2 types of cereal) Fresh Fruit Water	Hummus Whole Wheat Pita Bread Vegetables Water	Jam and Bread Fresh Fruit Water

Fresh fruit and water will be available at all times. Children in the infant room will be served homogenized milk. All other classrooms will receive 2% of milk.

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Menu for Week 3

<i>Week 3</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	Cereal Fresh Fruit Milk	Waffles Fresh Fruit Milk	Muffins Fresh Fruit Milk	Whole Grain Tortilla WOW Butter Fresh Fruit Milk	Applesauce Crackers Milk
<i>Lunch</i>	Tuna Salad Sandwich Vegetable Fresh Fruit Milk	Spaghetti Beef Meatballs Vegetables Fresh Fruit Milk	Kidney Beans with Tomato Sauce Rice Vegetables Fresh Fruit Milk	Egg Sandwich Vegetables Fresh Fruit Milk	Vegetable Soup Pasta Grilled Cheese Fresh Fruit Milk
<i>PM Snack</i>	Cream Cheese Crackers Fresh Fruit Water	Jam and Bread Fresh Fruit Water	Cheese Whole Wheat Pita Bread Vegetables Water	Trail Mix (2 types of cereal) Fresh Fruit Water	Yogurt Fresh Fruit Water

Fresh fruit and water will be available at all times. Children in the infant room will be served homogenized milk. All other classrooms will receive 2% of milk.

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Menu for Week 4

<i>Week 4</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	Cereal Fresh Fruit Milk	Oatmeal Hot Cereal with Milk Fresh Fruit	Waffles Fresh Fruit Milk	Whole Wheat Toast Jam Fresh Fruit Milk	Banana Bread Fresh Fruit Milk
<i>Lunch</i>	Chicken Burger Whole Wheat Bun Potatoes Fresh Fruit Milk	Mini Pizza Vegetables Fresh Fruit Milk	Basa Fish with Vegetables Rice Fresh Fruit Milk	Chicken Soup Grilled Cheese Vegetables Fresh Fruit Milk	Beef Stir Fry Noodles Vegetables Fresh Fruit Milk
<i>PM Snack</i>	Jam and Bread Fresh Fruit Water	Trail Mix (2 types of cereal) Fresh Fruit Water	Croissants Vegetables Water	Apple Sauce Rice cake Water	Cheese Crackers Fresh Fruit Water

Fresh fruit and water will be available at all times. Children in the infant room will be served homogenized milk. All other classrooms will receive 2% of milk.

Substitute or menu alternatives will be offered in cases of allergies and food restrictions. Menus are based on Canada's Food Guide, Eating Well with Canada's Food Guide, Nutrition for Healthy Term Infants and York Region's 'A Public Health Guide for Child Care Providers'.