

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
MID-MORNING SNACK	Animal Crackers & Greek Yogurt Milk	Waffles with Fresh Fruit Milk	Rye Toast With Cream Cheese Milk	Blueberry Granola Bars Milk	Breakfast Smoothies & Arrowroot Cookies Milk
LUNCH Meat or Alternative	Fish Burgers	Tandoori Chicken	Swedish Meatballs	Chef's Choice Soup	Pizza (Vegetarian Options)
Grain Products	Bun	Rice	Noodles	Biscuits	English Muffin
Vegetable	Spring Mix Salad With Berries	Carrots	Peas		Pepper Slices
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other foods	Homemade tartar sauce				
MID-AFTERNOON SNACK	Cheese & Crackers plus pickles Water	Celery with Sunflower Butter and cranberries (infants and toddlers will have rice cakes instead of celery) Water	Pita Bread, Tzatziki Sauce, Cucumber Slices Water	Cream Cheese Veggie Rollup (chopped vegetables mixed with cream cheese rolled in a whole wheat tortilla) Water	Tuna/Salmon Salad & Melba Toast Water

* Menu items are subject to change due to availability and season. Changes will be noted on the posted copies at each centre.

* These menus have been reviewed by a Registered Dietician.