

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MID-MORNING SNACK</b>	Pineapple Tidbits and Animal Crackers Milk	Yogurt with Fruit Milk	Egg Slices and Toast Milk	Bagels with Cinnamon Butter Milk	Rye Bread with Cream Cheese Milk
<b>LUNCH</b> Meat or Alternative	Chicken with BBQ Sauce	Baked Ham	Creamy Mac and Cheese	Chef's Choice Soup	Spaghetti with Meat Sauce
Grain Products	Rice	Potatoes		Egg Salad Sandwiches	
Vegetable	Peas	Mixed Vegetables	Garden Salad	Cucumber Slices	Caesar Salad
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other foods		Mustard	Salad Dressing		
<b>MID-AFTERNOON SNACK</b>	Rice Crackers with Fruit Water	Graham Crackers with Jam Water	Melba Toast with Cheese Spread Water	Assorted Veggies & Dip with Pretzels Water	Black Bean Brownies with Fruit 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.