

Week 1 Meal Plan

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Multigrain
Cheerios or Rice
Crisp Cereal
Seasonal Fruit

Multigrain
Muesli Pitta
with Jam
Yogurt
Seasonal Fruit

Steel-Cut Oatmeal
with
Berries & Banana
Slices

Blueberry &
Banana Smoothie
(yogurt-based)
Buttered Toast

Toasted
Multigrain Bagels
with Cream
Cheese
Seasonal Fruit

LUNCH

Spaghetti with
Meat/Tofu*
Tomato Sauce
Cucumber/Carrot
Slices

Rice with
Jamaican Chicken
/Baked Beans*
Mixed Vegetables

Chicken/Chick
Pea Nuggets*
Carrot Sticks

Vegetable Soup
Grilled Cheese
Sandwich
Lettuce Salad

Rice with
Meatball/Vegan
Bean Patty*
Steamed Broccoli

AFTERNOON SNACKS

Arrowroot
Cookies
Seasonal Fruit

Multigrain
Crackers
Seasonal Fruit

Oatmeal Cookies
Seasonal Fruit

Multigrain Museli
Pitta
Seasonal Fruit

Multigrain Museli
Pitta
Cheese Strings
Seasonal Fruit

EVENING SNACKS

Multigrain
Crackers
Seasonal Fruit

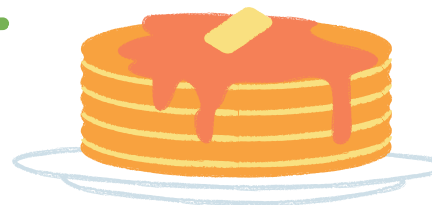
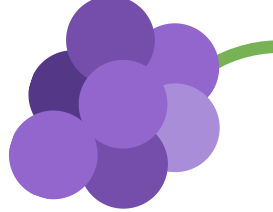
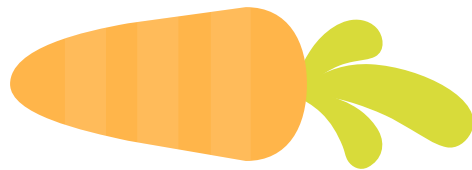
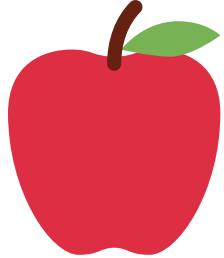
Gold Fish
Crackers
Seasonal Fruit

Multigrain Muesli
Pitta
Seasonal Fruit

Oatmeal Cookies
Seasonal Fruit

Rice Cakes
Seasonal Fruit

Fresh seasonal fruit may vary & include: apples, bananas, pears, strawberries, melons (watermelon, cantaloupe, honeydew). Fresh seasonal vegetables may vary & include: carrots, celery, broccoli, cauliflower, kale & peppers. Milk & water to be provided for all meals. **Alternative Options*** (please speak to your child's teacher for substitutions)



Week 2 Meal Plan

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Multigrain
Cheerios or Rice
Crisp Cereal
Seasonal Fruit

Steel-Cut
Oatmeal with
Mixed Berries

Toasted
Multigrain Bagels
with Cream
Cheese
Seasonal Fruit

Blueberry &
Banana Smoothie
(yogurt-based)
Buttered Toast

Banana Muffins
Seasonal Fruit

LUNCH

Whole Wheat
Pasta with
Lean Minced Beef
/Curried Chick
Peas*
Green Salad

Vegetable Soup
with Cheese
Sandwiches
Carrot Sticks

Beef Meatballs
/Vegan Patties*
Mashed Potatoes
Cucumbers Slices

Chicken Nuggets
/Chick Pea
Nuggets*
Sweet Potato
Wedges

Naan Bread with
Curried Chicken
/Chick Peas*
Lettuce Salad

AFTERNOON SNACKS

Crackers
& Cheese
Seasonal Fruit

Multigrain Muesli
Pitta
Seasonal Fruit

Cheese Strings
Seasonal Fruit

Rice Crackers
Seasonal Fruit

Oatmeal Cookies
Seasonal Fruit

EVENING SNACKS

Oatmeal Cookies
Seasonal Fruit

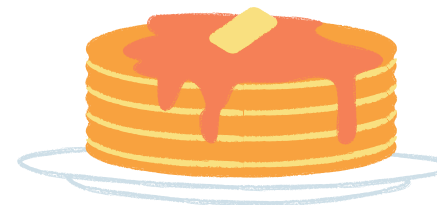
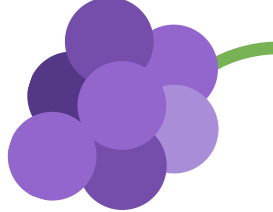
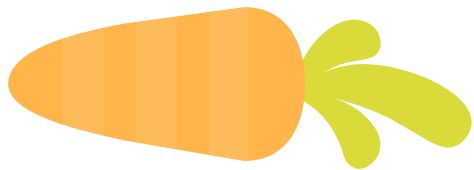
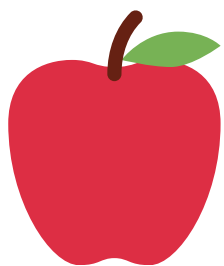
Gold Fish
Crackers
Seasonal Fruit

Muffins
Seasonal Fruit

Multigrain
Museli Pitta
Seasonal Fruit

Gold Fish
Crackers
Seasonal Fruit

Fresh seasonal fruit may vary & include: apples, bananas, pears, strawberries, melons (watermelon, cantaloupe, honeydew). Fresh seasonal vegetables may vary & include: carrots, celery, broccoli, cauliflower, kale & peppers. Milk & water to be provided for all meals. **Alternative Options*** (please speak to your child's teacher for substitutions)



Week 3 Meal Plan

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Multigrain
Cheerios or Rice
Crisp Cereal
Seasonal Fruit

Pancakes with
Scrambled Eggs
Apple Slices

Toasted
Multigrain Bagel
with Cream
Cheese
Seasonal Fruit

English Muffin
Toast
Yogurt
Seasonal Fruit

Buttered Toast
Fruit Smoothies
(yogurt-based)
Seasonal Fruit

LUNCH

Mac & Cheese
Cucumber Slices

Cheese Sandwich
Chicken/Bean
Soup*
Carrot Sticks

Rice with
Baked BBQ
Chicken/Vegan
Bean Patty*
Steamed Broccoli

Spaghetti with
Meat/Tofu*
Tomato Sauce
Lettuce Veggie
Salad

Cheese Pizza
Green Salad

AFTERNOON SNACKS

Arrowroot
Cookies
Seasonal Fruit

Oatmeal Cookies
Seasonal Fruit

Crackers & Cheese
Seasonal Fruit

Banana Muffins
Seasonal Fruit

Rice Cakes
Seasonal Fruit

EVENING SNACKS

Oatmeal Cookies
Seasonal Fruit

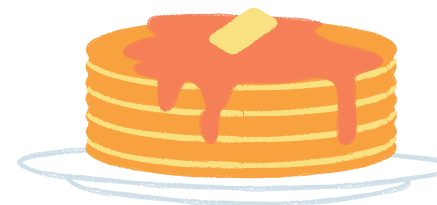
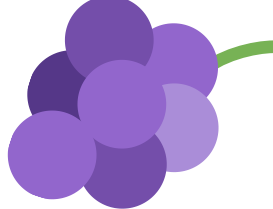
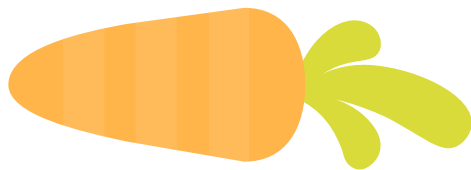
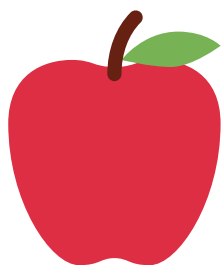
Cheese String
Seasonal Fruit

Gold Fish Crackers
Seasonal Fruit

Rice Crackers
Seasonal Fruit

Banana Muffins
Seasonal Fruit

Fresh seasonal fruit may vary & include: apples, bananas, pears, strawberries, melons (watermelon, cantaloupe, honeydew). Fresh seasonal vegetables may vary & include: carrots, celery, broccoli, cauliflower, kale & peppers. Milk & water to be provided for all meals. **Alternative Options*** (please speak to your child's teacher for substitutions)



Week 4 Meal Plan

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Multigrain
Cheerios or Rice
Crisp Cereal
Seasonal Fruit

Pancakes with
Scrambled Eggs
Seasonal Fruit

Steel-Cut
Oatmeal with
Mixed Berries

Multigrain Bagels
with Cream
Cheese
Seasonal Fruit

Cheese Toast
Seasonal Fruits

LUNCH

Whole Wheat Pasta
in Tomato Sauce
with Beef/Lentils*
Veggie Sticks

Potato Wedges
Baked Fish/
Chickpea Nuggets*
Cucumber Slices

Chow Mein with
Mixed Vegetables
Chicken/Soya
Meat*
Steamed Broccoli

Naan Bread with
Curried Chicken/
Chick Peas*
Tomato &
Cucumber Salsa

Fried Rice with
Chicken/Tofu*
Mixed Veggies
Green Salad

AFTERNOON SNACKS

Cheese Strings
Seasonal Fruit

Multigrain
Muselli Pitta
Seasonal Fruit

Crackers
& Cheese
Seasonal Fruit

Oatmeal Cookies
Seasonal Fruit

Arrowroot
Cookies
Seasonal Fruit

EVENING SNACKS

Gold Fish
Crackers
Seasonal Fruit

Cheese Strings
Seasonal Fruit

Oatmeal Cookies
Veggie Sticks

Arrowroot
Cookies
Seasonal Fruit

Rice Crackers
Seasonal Fruit

Fresh seasonal fruit may vary & include: apples, bananas, pears, strawberries, melons (watermelon, cantaloupe, honeydew). Fresh seasonal vegetables may vary & include: carrots, celery, broccoli, cauliflower, kale & peppers. Milk & water to be provided for all meals. **Alternative Options*** (please speak to your child's teacher for substitutions)