

Week 1 Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Multigrain Cheerios or Rice Crisp Cereal Seasonal Fruit	Steel-Cut Oatmeal with Blueberries & Cinnamon Granola	Multigrain Bagels with Cream Cheese Hard Boiled Eggs Seasonal Fruit	Blueberry & Banana Smoothie (yogurt-based) Buttered Toast	Multigrain Muesli Pita with Jam Scrambled Eggs Seasonal Fruit
LUNCH	Spaghetti with Meat/Lentils* in Tomato Sauce Cucumber Slices	Chicken/Chickpea Nuggets* Baked Potato Wedges	Rice with Meatball/Vegan Bean Patty* Mixed Veggies	Chicken/Bean and Veggie Soup* Cheese Sandwich Green Salad	Tuna/Chickpea* Casserole Steamed Broccoli
AFTERNOON SNACKS	Multigrain Muesli Pita Seasonal Fruit	Mini Croissants Seasonal Fruit	Blueberry Muffins Seasonal Fruit	Oatmeal Cookies Seasonal Fruit	Oatmeal Blueberry Rounds Seasonal Fruit
EVENING SNACKS	Goldfish Crackers Seasonal Veggie	Cheese Strings Seasonal Veggie	Rice Cakes Seasonal Veggie	Bran Muffins Seasonal Veggie	Multigrain Crackers Seasonal Veggie

- **Fresh Seasonal Fruits** may vary & include: apples, bananas, pears, strawberries, watermelon, cantaloupe & honeydew
- **Fresh Seasonal Vegetables** may vary & include: carrots, celery, broccoli, cauliflower, kale & peppers
- **Water & Milk 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
Seasonal Fruit

Multigrain
Bagels with
Cream Cheese
Hard Boiled
Eggs
Seasonal Fruit

Blueberry &
Banana
Smoothie
(yogurt-based)
Buttered Toast

Bran
Muffins with
Scrambled Eggs
Seasonal Fruit

LUNCH

Mac &
Cheese/Plain*
Cucumber
Slices

Potato Wedges
Fish Cakes/
Chickpea
Nuggets*
Cucumber Slices

Chow Mein
with Mixed
Vegetable &
Chicken/Tofu*
Green Salad

Rice with
Jamaican
Chicken/
Vegan Bean
Patty*
Broccoli

Naan Bread
with Curried
Chicken/
Chickpeas*
Steamed Carrots

AFTERNOON SNACKS

Oatmeal
Cookies
Seasonal Fruit

Cheese Strings
Seasonal Fruit

Bran Muffins
Seasonal Fruit

Whole Wheat
Mini Pitas
with
Hummus
Seasonal Fruit

Rice Crackers
Seasonal Fruit

EVENING SNACKS

Goldfish
Crackers
Seasonal
Veggie

Raisin Bread
Seasonal
Veggie

Multigrain
Crackers
Seasonal
Veggie

Arrowroot
Cookies
Seasonal
Veggie

Blueberry
Muffins
Seasonal Veggie

- **Fresh Seasonal Fruits** may vary & include: apples, bananas, pears, strawberries, watermelon, cantaloupe & honeydew
- **Fresh Seasonal Vegetables** may vary & include: carrots, celery, broccoli, cauliflower, kale & peppers
- **Water & Milk 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
Seasonal Fruit

Steel-Cut
Oatmeal with
Mixed Berries
& Cinnamon
Granola

Blueberry
Bagels with
Cream Cheese
Hard Boiled
Eggs
Seasonal Fruit

Fruit Smoothie
(Yogurt-Based)
Buttered
Multigrain
Toast

LUNCH

Spaghetti with
Beef/Lentils*
in Tomato Sauce
Green Salad

Oven-Baked
Potato Wedges
Lemon Herb
Roasted
Chicken/
Crispy Tofu*

Tomato Chilli
with
Beef/Kidney
Beans*
Carrot Sticks

Chicken/Bean
and Veggie
Soup*
Cheese
Sandwich
Broccoli

Rice with
Meatballs
with Gravy/
Vegan
Patties*
Cucumber

AFTERNOON SNACKS

Multigrain
Muesli Pita
Seasonal Fruit

Bran Muffins
Seasonal Fruit

Mini Croissants
Seasonal Fruit

Raisin Bread
Seasonal Fruit

Oatmeal
Cookies
Seasonal Fruit

EVENING SNACKS

Goldfish
Crackers
Seasonal
Veggie

Cheese Strings
Seasonal Veggie

Multigrain
Crackers
Seasonal Veggie

Rice Cakes
Seasonal Veggie

Multigrain
Muesli Pita
Seasonal Veggie

- **Fresh Seasonal Fruits** may vary & include: apples, bananas, pears, strawberries, watermelon, cantaloupe & honeydew
- **Fresh Seasonal Vegetables** may vary & include: carrots, celery, broccoli, cauliflower, kale & peppers
- **Water & Milk 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
Apple Slices

English
Muffin Toast
with
Yogurt
Seasonal Fruit

Multigrain Bage
with Cream
Cheese
Hard Boiled
Egg
Seasonal Fruit

Cheese Toast
Seasonal Fruit

LUNCH

Spaghetti in
Meat/Tofu*
Tomato Sauce
Steamed
Carrots

Cheese Sandwich
Chicken &
Bean Soup*
Cucumber
Slices

Chicken
Nuggets/
Chickpea
Nuggets*
Oven-Baked
Potato Wedges

Tuna/
Chickpea*
Casserole
Steamed
Broccoli

Fried Rice
with Mixed
Veggies &
Chicken/
Tofu*
Green Salad

AFTERNOON SNACKS

Arrowroot
Cookies
Seasonal Fruit

Bran Muffins
Seasonal Fruit

Oatmeal
Cookies
Seasonal Fruit

Whole Wheat
Mini Pitas
with
Hummus
Seasonal Fruit

Oatmeal
Blueberry
Rounds
Seasonal Fruit

EVENING SNACKS

Raisin Bread
Seasonal
Veggie

Multigrain
Crackers
Seasonal Veggie

Goldfish
Crackers
Seasonal
Veggie

Bran Muffins
Seasonal
Veggie

Rice Cakes
Seasonal Veggie

- **Fresh Seasonal Fruits** may vary & include: apples, bananas, pears, strawberries, watermelon, cantaloupe & honeydew
- **Fresh Seasonal Vegetables** may vary & include: carrots, celery, broccoli, cauliflower, kale & peppers
- **Water & Milk to be provided for all meals**
- **Alternative Options** (please speak to your child's teacher for substitutions)*

Week 5 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
& Cinnamon
Granola

Blueberry
Bagel with
Cream Cheese
Boiled Eggs
Seasonal Fruit

Blueberry
Muffins
Seasonal Fruit

LUNCH

Lasagna with
Meat/Lentils*
in Tomato
Sauce
Veggie Sticks

Potato Wedges
Fish Cakes/
Chickpea
Nuggets*
Cucumber

Rice with
Jamaican
Chicken/
Vegan Bean
Patty*
Broccoli

Naan Bread
with Curried
Chicken/
Tofu or
Chickpeas*

Cheese Pizza
Green Salad

AFTERNOON SNACKS

Oatmeal
Cookies
Seasonal Fruit

Whole Wheat
Mini Pitas
with
Hummus
Seasonal Fruit

Blueberry
Muffins
Seasonal Fruits

Cheese Strings
Seasonal Fruit

Arrowroot
Cookies
Seasonal Fruit

EVENING SNACKS

Goldfish
Crackers
Seasonal
Veggie

Raisin Bread
Seasonal
Veggie

Multigrain
Crackers
Seasonal Veggie

Bran Muffins
Seasonal
Veggie

Rice Cakes
Seasonal Veggie

- **Fresh Seasonal Fruits** may vary & include: apples, bananas, pears, strawberries, watermelon, cantaloupe & honeydew
- **Fresh Seasonal Vegetables** may vary & include: carrots, celery, broccoli, cauliflower, kale & peppers
- **Water & Milk to be provided for all meals**
- **Alternative Options** (please speak to your child's teacher for substitutions)*