

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>FOLLOWING THE RECOMENDATIONS OF THE 2019 CANADAIAN FOOD GUIDE</b>	CEREAL FRUIT MILK	HOT CEREAL -oatmeal -sunny boy -cream of wheat FRUIT MILK	BANANA BREAD FRESH FRUIT MILK	HEALTHY COOKIES FRUIT MILK	TOAST FRUIT MILK
<b>½ DAY WILL CONSIST OF FRUIT/VEGGIES</b> <b>¼ OF OUR DAY WILL CONSIST OF PROTEIN</b> <b>¼ DAY WILL CONSIST OF WHOLE GRAIN FOODS</b>	HAMBURGER SOUP -beef, vegetables, pasta WHOLE WHEAT CRAZY BREAD FRUIT MILK	PASTA SALAD -chicken, peas, carrots, cheese FRUIT MILK	FRENCH TOAST FRUIT/FRUIT SALAD VANILLA YOGURT FRUIT MILK	SALMON RICE BROCCOLI FRUIT MILK	<b>LEFTOVERS</b> <b>FRUIT</b> <b>MILK</b>
<b>WATER WILL BE OUR BEVERAGE OF CHOICE THROUGHOUT THE DAY</b>	LENTIL COOKIES FRUIT	POPCORN (under 2 will get trailmix) FRESH VEGETABLES	MELON CHEESE	FOCACCIA BREAD FRESH VEGETABLES	GRANOLA BARS FRESH FRUIT

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>FOLLOWING THE RECOMENDATIONS OF THE 2019 CANADAIAN FOOD GUIDE</b>	CEREAL FRUIT MILK	CHEESE SCONES FRESH FRUIT MILK	MELON YOGURT MILK	MUFFINS FRESH FRUIT MILK	HOT CEREAL -oatmeal -sunny boy -cream of wheat  FRUIT  MILK
<b>½ DAY WILL CONSIST OF FRUIT/VEGGIES</b>  <b>¼ OF OUR DAY WILL CONSIST OF PROTEIN</b>  <b>¼ DAY WILL CONSIST OF WHOLE GRAIN FOODS</b>	VEGETARIAN CHILI  RICE  FRUIT MILK	CHICKEN SOUP  FRESH VEGGIES  FRUIT MILK	SPAGHETTI MEAT SAUCE  GARLIC BREAD STICKS  GREEN SALAD FRUIT MILK	WHITE FISH  RICE  PEAS  FRUIT MILK	<b>LEFTOVERS</b>  <b>FRUIT</b>  <b>MILK</b>
<b>WATER WILL BE OUR BEVERAGE OF CHOICE THROUGHOUT THE DAY</b>	BISCUITS CREAM CHEESE FRESH VEGGIES	OATMEAL RAISIN COOKIES  FRESH FRUIT	POPCORN (UNDER 2 WILL GET PRETZELS)  FRESH VEGGIES	FRESH FRUIT SALSA  CINNAMON PITA CHIPS	BEAN QUESADILLA  FRESH VEGGIES

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>FOLLOWING THE RECOMENDATIONS OF THE 2019 CANADAIAN FOOD GUIDE</b>	CEREAL FRUIT MILK	MUFFIN FRUIT MILK	HOT CEREAL -oatmeal -sunny boy -cream of wheat  FRUIT  MILK	GRAPES  CHEESE  MILK	GRANOLA BARS  FRUIT  MILK
<b>½ DAY WILL CONSIST OF FRUIT/VEGGIES</b>  <b>¼ OF OUR DAY WILL CONSIST OF PROTEIN</b>  <b>¼ DAY WILL CONSIST OF WHOLE GRAIN FOODS</b>	CHICKEN PARMESAN  SPAGHETTI  COOKED VEGGIES FRUIT MILK	VEGETABLE SOUP  CHEESE  FRUIT MILK	SUBWAY DAY -buns -meat -cheese -pickles -cucumbers  FRUIT MILK	LASAGNA  GREEN SALAD  FRUIT MILK	<b>LEFTOVERS</b>  <b>FRUIT</b>  <b>MILK</b>
<b>WATER WILL BE OUR BEVERAGE OF CHOICE THROUGHOUT THE DAY</b>	CINNAMON BREADSTICKS  APPLES	ZUCHINI BREAD  FRESH FRUIT	HARD BOILED EGGS  FRESH VEGGIES	FRUIT SALAD  YOGURT	LENTIL COOKIES  FRESH FRUIT

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>FOLLOWING THE RECOMMENDATIONS OF THE 2019 CANADIAN FOOD GUIDE</b>	CEREAL FRUIT MILK	RAISIN SCONES JAM FRUIT MILK	HOT CEREAL -oatmeal -sunny boy -cream of wheat  FRUIT MILK	MUFFIN FRUIT MILK	YOGURT GRANOLA FRUIT MILK
<b>½ DAY WILL CONSIST OF FRUIT/VEGGIES</b>  <b>¼ OF OUR DAY WILL CONSIST OF PROTEIN</b>  <b>¼ DAY WILL CONSIST OF WHOLE GRAIN FOODS</b>	PUMPKIN PANCAKES  TURKEY SAUSAGE  FRUIT MILK	QUINOA SALAD -quinoa -cucumber -peppers -tomatoes -corn -black beans -feta cheese  FRUIT MILK	BEEF STROGANOFF  COOKED VEGGIES FRUIT MILK	CHICKEN RICE CASSEROLE  FRUIT MILK	<b>LEFTOVERS</b>  FRUIT MILK
<b>WATER WILL BE OUR BEVERAGE OF CHOICE THROUGHOUT THE DAY</b>	BAGELS CREAM CHEESE CUCUMBERS	SMOOTHIES -kale -pineapple -bananas -coconut milk  HOME MADE PRETZELS	ASSORTED FRESH VEGGIES  CHEESE	APPLE SAUCE SPICE LOAF  FRESH FRUIT	TRAIL MIX FRESH FRUIT

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>FOLLOWING THE RECOMENDATIONS OF THE 2019 CANADAIAN FOOD GUIDE</b>	CEREAL FRUIT MILK	APPLE SAUCE CHEESE BISCUITS MILK	MUFFINS FRUIT MILK	HOT CEREAL -oatmeal -sunny boy -cream of wheat FRUIT MILK	PUMPKIN SCONES FRUIT MILK
<b>½ DAY WILL CONSIST OF FRUIT/VEGGIES</b>  <b>¼ OF OUR DAY WILL CONSIST OF PROTEIN</b>  <b>¼ DAY WILL CONSIST OF WHOLE GRAIN FOODS</b>	BEEF TOMATO SOUP  ITALIAN WHOLE WHEAT PARMESAN BREAD FRUIT MILK	BUENOS DIAS BREAKFAST -eggs, beans, tortillas, cheese, onions, sour cream PEPPERS  FRUIT MILK	CHICKEN TETTRAZZINI  SPAGHETTI  PEAS FRUIT MILK	PIZZA  FRESH VEGGIES/ SALAD  FRUIT MILK	<b>LEFTOVERS</b>  <b>FRUIT</b>  <b>MILK</b>
<b>WATER WILL BE OUR BEVERAGE OF CHOICE THROUGHOUT THE DAY</b>	YOGURT  FRESH FRUIT	LENTIL COOKIES  FRESH FRUIT	WHOLE WHEAT NACHOS  SALSA SOUR CREAM  PEPPERS	SMOOTHIES -strawberries -bananas -coconut milk  BRAN MUFFIN	RANCH TRAILMIX  FRESH VEGETABLES

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>FOLLOWING THE RECOMENDATIONS OF THE 2019 CANADAIAN FOOD GUIDE</b>	CEREAL FRUIT MILK	MUFFIN FRUIT MILK	HOT CEREAL -oatmeal -sunny boy -cream of wheat  FRUIT MILK	YOGURT FRUIT MILK	CHEESE SCONES JAM FRUIT WATER
<b>½ DAY WILL CONSIST OF FRUIT/VEGGIES</b>  <b>¼ OF OUR DAY WILL CONSIST OF PROTEIN</b>  <b>¼ DAY WILL CONSIST OF WHOLE GRAIN FOODS</b>	ROASTED RED PEPPER TOMATO SOUP  OPEN FACED WHOLEWHEAT CHICKEN AND CHEESE SANDWICH FRUIT MILK	CHICKEN HURRY  RICE  COOKED VEGGIES  FRUIT MILK	TACO SALAD -beef, peppers, tomatoes, kidney beans, cheese, lettuce  FRUIT MILK	QUICHE  MARINATED VEGETABLE SALAD  FRUIT MILK	<b>LEFTOVERS</b>  <b>FRUIT</b>  <b>MILK</b>
<b>WATER WILL BE OUR BEVERAGE OF CHOICE THROUGHOUT THE DAY</b>	HOME MADE PRETZELS  FRESH VEGGIES	MELON  CHEESE	JAM SANDWICHES  FRUIT	OATMEAL CAKE  FRESH FRUIT	FRESH VEGGIES  WHOLE WHEAT BREAD STICKS