

## Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Fruit Milk	Muffin Fruit Milk	Oatmeal Fruit Milk	Yogurt Granola Fruit Milk	Scones Fruit Milk
Lunch	<b>Chicken Barley Veg Soup</b> Fruit Milk	White Chili ??? Rice Fruit Milk	Spaghetti Lentil Veggie Sauce Garlic Bread Fruit Milk	Tuna Noodle Casserole Peas Fruit Milk	<b>LEFTOVERS</b> <b>Fruit</b> <b>Milk</b>
Afternoon Snack	Biscuits Cream Cheese Veggies	Oatmeal Raisin cookie Fruit	Popcorn (Under 2 served pretzels) Veggies	Fruit Salsa Cinnamon Pita Chips	Bean Quesadilla Veggies

Water is available to children throughout their day (indoors and outside)

## Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Fruit Milk	Muffin Fruit Milk	Oatmeal Fruit Milk	Apple Sauce Cheese Biscuits Fruit Milk	Scones Fruit Milk
Lunch	Vegetarian Cream Soup Whole Weat Bread Fruit Milk	Baked Cheese Eggs Toast Bell Peppers Fruit Milk	Creamy Chicken Casserole Peas Fruit Milk	Pizza Vegetables or Salad Fruit Milk	<b>LEFTOVERS</b> <b>Fruit</b> <b>Milk</b>
Afternoon Snack	Lentil Cookie Fruit	Nachos Salsa Sour Cream Vegetables	Muffins Fruit	Fruit Smoothies Crackers	Sweet Trail Mix Fruit

Water is available to children throughout their day (indoors and outside)

## Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Fruit Milk	Muffin Fruit Milk	Oatmeal Fruit Milk	Yogurt Granola Fruit Milk	Scones Fruit Milk
Lunch	Pepper/Tomato Soup Ckn/Chz Sandwich Fruit Milk	Sweet n Sour Chicken Rice Mixed vegetables Fruit Milk	Beef & Veg Taco Salad Fruit Milk	Quiche Marinated Veg Salad Fruit Milk	Leftovers Fruit Milk
Afternoon Snack	Grapes Cheese	Jam Sandwiches Fruit	Cinnamon Bread Sticks Apples	Oatmeal Cake Fruit Milk	Crackers Cheese Pickles

Water is available to children throughout their day (indoors and outside)

## Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Fruit Milk	Muffin Fruit Milk	Oatmeal Fruit Milk	Apple Sace Cheese Biscuits Fruit Milk	Scones Fruit Milk
Lunch	Hamburger Soup Whole Wheat Bread Fruit Milk	Ckn/Veg Pasta Salad Fruit Milk	Pancake&Sausage or French Toast&Yogurt Fruit Milk	Quinoa & Feta Salad Fruit Milk	Leftover Fruit Milk
Afternoon Snack	Lentil Cookies Fruit	Baked Loaf Fruit	Vegetables Cheese	Focaccia Bread Vegetables	Granola Bars Fruit

Water is available to children throughout their day (indoors and outside)

## Week Five

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Fruit Milk	Muffin Fruit Milk	Oatmeal Fruit Milk	Apple Sace Cheese Biscuits Fruit Milk	Scones Fruit Milk
Lunch	Three Sisters Soup Bannock Fruit Milk	Chicken Parmesean Mixed Vegetables Fruit Milk	Beef/Veg Stroganoff Peas Fruit Milk	Sub Day Vegetables Fruit Milk	Leftovers Fruit Milk
Afternoon Snack	Bagels Cream Cheese Cucumbers	Fruit Smoothies Crackers	Vegetables Cheese	Oatmeal Cookies Fruit	Savory Trail Mix Vegetable

Water is available to children throughout their day (indoors and outside)