

LUNENBURG DAYCARE CENTRE MENU

Week # 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Shreddies or Cheerios with milk	Shreddies or Cheerios with milk	Shreddies or Cheerios with milk	Shreddies or Cheerios with milk	Shreddies or Cheerios with milk
Morning Snack	Tea Biscuits, applesauce and milk	Whole wheat crackers, fresh fruit & juice	Blueberry muffins, raisins, and water (Infants: applesauce in lieu of raisins)	Cereal mix (cereal, dried fruit), milk, bananas (Infants: Fresh Fruit, Shreddies & milk)	Whole wheat bagels, oranges and water
Lunch	Corn chowder, chicken sandwiches milk and pineapple	Fish Bubbly bake, mashed potatoes, mixed vegetables whole wheat bread, milk and peaches	Chicken, rice and vegetable casserole, whole wheat bread, milk, and mandarin oranges	Spaghetti and vegetable meat sauce (zucchini & mushrooms), whole wheat bread, milk and fruit cocktail	Chili (pork, beans, veggies), grated cheese, whole wheat bread, milk and applesauce
Afternoon Snack	Fresh fruit, whole wheat crackers, and water	Melon, egg salad on whole wheat toast and water	Onion dip, fresh vegetables, and milk (Infants: Applesauce, crackers & milk)	Whole wheat English muffins, apple slices and water	Grapes, cheese & milk (Infants: fresh fruit, cheese and milk)

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.

Signature: _____ Date: _____

LUNENBURG DAYCARE CENTRE MENU

Week # 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Shreddies or Cheerios with milk	Shreddies or Cheerios with milk	Shreddies or Cheerios with milk	Shreddies or Cheerios with milk	Shreddies or Cheerios with milk
Morning Snack	Fresh fruit and milk	Fruit yogurt, apples slices and water	Shreddies, bananas and juice	Grilled cheese sandwiches, fresh fruit and water	Whole wheat bagels, grapes and juice
Lunch	Shepherd's pie, whole wheat bread, milk & applesauce	Ham, mashed potatoes, squash, whole wheat bread, milk & peaches	Chicken vegetable casserole (peas & carrots), whole wheat bread, milk, & pineapple	Split pea soup, whole wheat bread, milk and applesauce	Meaty macaroni with vegetables, whole wheat bread, milk, peaches & pineapple
Afternoon Snack	Mini pitas stuffed with tuna/ carrot salad and water	Fruit, crackers, cheese, and water	Fresh fruit, water and whole wheat crackers	Fresh fruit, egg salad in mini pitas, and water	Fresh vegetables, onion dip, and milk

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LUNENBURG DAYCARE CENTRE MENU

Week # 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Shreddies or Cheerios with milk	Shreddies or Cheerios with milk	Shreddies or Cheerios with milk	Shreddies or Cheerios with milk	Shreddies or Cheerios with milk
Morning Snack	Tea Biscuits, fresh fruit, and milk	Fruit yogurt, apples slices and water	Applesauce, shreddies and milk	Muffins, fresh fruit and water	Bagels, fresh fruit and juice
Lunch	Sloppy Joes, carrots, whole wheat buns, milk, and peaches	Roast beef, mashed potatoes, corn, whole wheat bread, milk and pineapple	Chicken and broccoli divan casserole, brown rice, carrots, whole wheat bread, milk, & applesauce	Fish chowder with carrots, whole wheat bread, milk and peaches & pineapple	Pork roast, mixed vegetables, potatoes, gravy, whole wheat bread, milk & mandarin oranges
Afternoon Snack	Whole wheat mini pitas, hummus and juice	Grilled cheese sandwiches, fresh fruit, and water	Vegetables, Onion dip, and water (nursery- fresh fruit and milk)	Fresh fruit & yogurt smoothies and water	Bananas, milk, and crackers

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LUNENBURG DAYCARE CENTRE MENU

Week # 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Shreddies or Cheerios with milk	Shreddies or Cheerios with milk	Shreddies or Cheerios with milk	Shreddies or Cheerios with milk	Shreddies or Cheerios with milk
Morning Snack	Fruit yogurt, apples and water	Shreddies, bananas and milk	Bagels, fresh fruit and water	Grilled cheese sandwiches, fresh fruit and milk	English muffins, fresh fruit and water
Lunch	Lasagna (with spinach added), whole wheat bread, milk, and fruit cocktail	Sweet and sour pork and vegetables, brown rice, peas, whole wheat bread, milk and peaches	Chicken, mashed potatoes, mixed vegetables, whole wheat bread, milk, and pineapple	Pizza with beef topping, tossed salad, dressing, milk and mandarin oranges	Tuna noodle casserole with peas, carrots and cheese, whole wheat bread, milk and applesauce
Afternoon Snack	Applesauce, cheese, and juice	Peppers, cucumber, tomatoes, onion dip, and milk (Nursery: fresh fruit and milk)	Fresh fruit, cheese, crackers and water	Fresh fruit and yogurt smoothies	Cereal mix (cereal and dried fruit) and juice (Nursery: yogurt and crackers)

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