

Week 1 Meal Plan

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Multigrain
Cheerios or Rice
Crisp Cereal
Seasonal Fruit

Multigrain
English Muffin
Scrambled Eggs
Seasonal Fruit

Toasted
Brown Bread with
Cheese
Seasonal Fruit

Blueberry &
Banana Smoothie
(yogurt-based)
Buttered Toast

Toasted
Multigrain Bagels
with Cream
Cheese
Seasonal Fruit

LUNCH

Spaghetti with
Meat/Tomato
Sauce *
Cucumber Slices or
Celery

Rice with
Jamaican Chicken
/Baked Beans*
Mixed
Vegetables or Salad

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
Muselli Pitta
Seasonal Fruit

Rice Cakes
Seasonal Fruit

EVENING SNACKS

Carrot Sticks/
Multigrain
Crackers

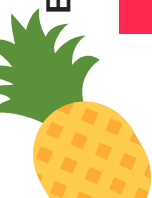
Vegetables/
Gold Fish
Crackers
or
Seasonal Fruit

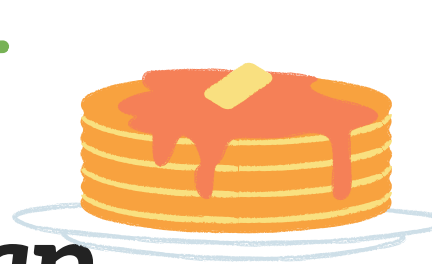
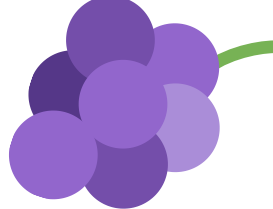
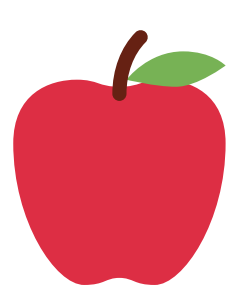
Vegetables/
Melba Toast
or
Seasonal Fruit

Vegetables/
Oatmeal Cookies
or
Seasonal Fruit

Vegetables/
Rice Cakes
or
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

Scrambled Eggs &
Toast with Jam
Seasonal Fruit

Toasted
Multigrain Bagels
with Cream
Cheese
Seasonal Fruit

Blueberry &
Banana Smoothie
(yogurt-based)
Melba Toast

Blueberry
Muffins
Hard Boiled Eggs

LUNCH

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

Vegetable Soup
with Cheese
Sandwiches
Carrot Sticks

Beef Meatloaf
/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

Yogurt with Oats
& Berry Granola

Oatmeal Cookies

EVENING SNACKS

Vegetables
Seasonal Fruit

Vegetables
Seasonal Fruit

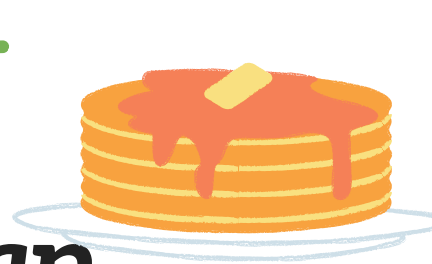
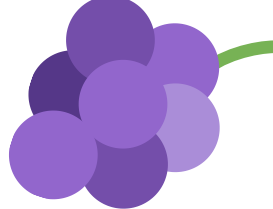
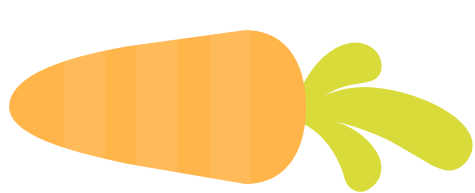
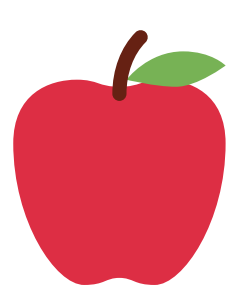
Vegetables
Seasonal Fruit

Vegetables
Seasonal Fruit

Vegetables
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

Scrambled eggs
with Multigrain
English Muffin
Seasonal Fruit

Toasted
Multigrain Bagel
with Cream
Cheese
Seasonal Fruit

French Toast with
Cinnamon
Seasonal Fruit

Toasted English
Muffins with
Blueberry Jam
Hard Boiled Eggs

LUNCH

Mac & Cheese
Cucumber Slices

Cheese Sandwich
Chicken/Bean
Soup*
Carrot Sticks

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

Spaghetti with
Beef Meat/
Tomato Sauce*
Lettuce &
Tomato 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

Vegetables/
Crackers
Seasonal Fruit

Vegetables/
Cheese String
Seasonal Fruit

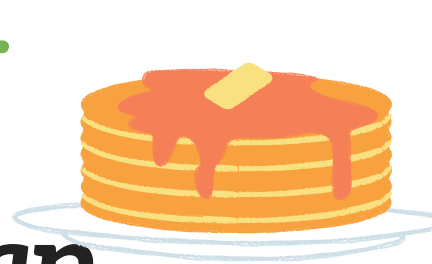
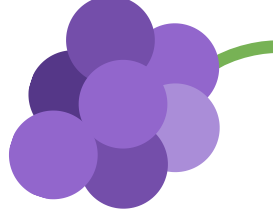
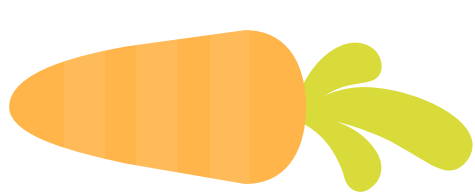
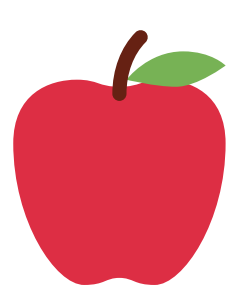
Vegetables/
Gold Fish Crackers
Seasonal Fruit

Vegetables/
Crackers
Seasonal Fruit

Vegetables/
Melba Toast
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

Blueberry &
Banana Smoothie
(yogurt-based)
Melba Toast
Seasonal Fruit

Multigrain
English Muffin
with Jam
Scrambled Eggs
Seasonal Fruit

Multigrain Bagels
with Cream
Cheese
Seasonal Fruit

French Toast with
Cinnamon
Seasonal Fruits

LUNCH

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

Potato Wedges
Baked Fish/Soya
Meat*
Cucumber Slices

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

Vegetable Fired
Rice
Curried Chicken/
Chick Peas*
Green Salad

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

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

Vegetables &
Melba Toast

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)

