

Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK (1)grain products (1)Dairy products (1)Fruits - Other foods	Fruit Granola Bars Oranges Milk/Water	Multigrain Cheerios/ Shredded Wheat Blueberries or Bananas Milk/Water	Whole Wheat- Toasted Bagel With Cream Cheese Bananas Milk/Water	Cereal Blueberries Milk/Water	Whole Wheat Toast with Jam/Banana Milk/Water
LUNCH - Meat or Alternative - Grain products (2)yellow/green Veggies (1)fruit - Milk products - Other foods - water	Macaroni and Cheese Carrots/Broccoli And cauliflower Fruit Cocktail Milk/Water/	Minestrone Soup Naan Bread Pears Milk/Water/	Fish and Chips Broccoli/Red &Yellow Sweet Peppers Peaches Milk/Water	Chili with Ground Beef Whole Wheat Pita Bread Carrots, Celery, Green Peppers Grapes Milk /Water	Curry Chicken Rice Peas/Corn Apple Sauce Milk/Water
PM SNACK - grain products (1)Fruit (1)Dairy products - Water	Nacho Chips Salsa and Cheese Orange Wedges Milk/Water	Ritz Crackers Sliced Apples Milk/Water	Mini Rice Cakes w/ Wow Butter Bananas Milk/Water	Arrowroot Cookies Humus Veg. Dip Apples Slices Milk/Water	Trail Mix Sliced Pears Milk/Water

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AM SNACK - grain products (1) Dairy products (1) Fruits - Other foods	Apple Sauce w/Bread Sticks Milk/water	Multigrain Cheerios/ Shredded Wheat Bananas Milk/water	Rice Cakes Strawberries Jam Milk/water	Whole Wheat Toast w/Cheese Whiz Bananas Milk/water	Multigrain Cheerios/ Shredded Wheat Blueberries Milk/water
LUNCH - Meat or Alternative - Grain products (2) Yellow and Green Veggies (1) fruits - Milk products - Other foods - water	Italian Wedding Soup with carrots And squash etc.. Whole Wheat Bread Assorted Fruit Cocktail Milk/Water	Meat Lasagna garlic bread Carrots, Broccoli Cauliflower Fruit Jello Milk/Water	Hot dogs in Whole Wheat Buns Fries Cucumbers/Tomatoes Peaches Milk/Water	Spaghetti with Ground Beef Carrots/Broccoli Apples Milk/Water	Chicken Nuggets Mashed Potatoes Corn/peas Melons Milk/Water
PM SNACK - grain products (1) Fruits (1) Dairy products - Water - Other foods	Crackers and cheese Apples Milk/Water	Yogurt Tubes Bananas Milk/Water	Goldfish Crackers Apple Slices Milk/Water	Teddy Grams Bananas Milk/Water	Veggie Chips Sliced Oranges Milk/Water

- Menu items are subject to change due to availability. Changes will be noted on the posted copies.
- These Menus have been reviewed by a Registered Dietician. By: Eat Smart Canada

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AM SNACK - grain products (1) Dairy products (1) Fruits - Other foods	Nutrigrain Cereal Bars Oranges Milk/Water	Cereal and Blueberries or Banana Milk/Water	Raisin Toast With Butter Blueberries Milk/Water	Cereal Apples slices Milk/Water	Homemade Biscuits with Jam /Strawberries Milk/Water
LUNCH - Meat or Alternative - Grain products (2) yellow and green Veggies (1) fruits (1) Milk products - Other foods - water	Chicken Vegetable Soup Whole Wheat Bread Fruit cocktail Milk/water	Meatballs Rice Peas/corn Vanilla Pudding Milk/water	Beefaroni Bread Mixed Veg Peaches Milk/water	Baked Chicken Roasted Potatoes Garden Vegetables Sliced oranges Milk/water	Pizza, Raw Veggies (Cucumbers/ Tomatoes/Carrots Apple Sauce Milk/water
PM SNACK - grain products (1) Fruits (1) Dairy products - Water - Other foods	Graham Crackers Cream cheese/Jam Apple slices Milk/Water	Veggie Sticks Sliced Grapes Milk/Water	Bananas Yogurt Milk/Water	Crackers, Cheese Bananas Milk/Water	Pita Bread Wow Butter Sliced Pears

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AM SNACK - grain products (1) Dairy products (1) Fruits - Other foods	Assorted Muffins Bananas Milk/water	Cereal and Blueberries or Bananas Milk/water	English Muffins With Strawberry Jam Milk/water	Whole Wheat Toast with Cheese Whiz Blueberries Milk/water	Pancakes With syrup bananas Milk/water
LUNCH - Meat or Alternative - Grain products (2) Yellow and Green Veggies (1) fruits (1) Milk products - Other foods - water	Chicken Noodle Vegetable Soup Zucchini, carrots, celery Naan Bread Peaches Milk/water	Ground Beef Taco Tomatoes Lettuce/Cheese Grapes Milk/water	Chicken w/Pasta Noodles sautéed Veg. (Broccoli/sautéed onions) Fruit Cocktail Milk/water	Sloppy Joes in Wrap Cucumbers / carrots sticks Assorted melons Milk/water	Fish Fillet Rice green peas/corn Apple sauce Milk/water
PM SNACK - grain products (1) Fruits (1) Dairy products - Water - Other foods	Orange Wedges Whole Wheat Crackers Milk/water	Bananas rolled in yogurt and rice Krispies Milk/water	Digestive Cookies Pear slices milk/Water	Pita bread wow butter grapes milk/Water	Rice Krispies Squares Apple slices Milk/Water

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