

CENTRE MENU*

WEEK OF #1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ITEMS MADE FROM SCRATCH
COLD CEREAL <small>(AVAILABLE 7:30-8:30)</small>						
AM SNACK	MULTIGRAIN CHEERIOS FRUIT	YOGURT (½ AND ½ PLAIN FLAVOURED MIX) FRUIT	MINI BANANA MUFFINS FRUIT	FRENCH TOAST FRUIT	JOSIE'S GRANOLA BARS FRUIT	*MUFFINS *GRANOLA BARS
LUNCH	SAUSAGES RICE NOODLES CORN FRUIT	TUNA SIDE DISH MACARONI AND CHEESE WINTER MIX FRUIT	BEEF BARLEY SOUP BREAD FRESH VEGGIES FRUIT	VEGGIE BEAN BURITOS FRESH VEGGIES FRUIT	ROAST CHICKEN POTATOES PEAS AND CARROTS FRUIT	*MAC AND CHEESE *SOUP
PM SNACK	ONION DIP (½ AND ½ PLAIN YOGURT/ SOUR CREAM MIX) FRESH VEGGIES WHOLE WHEAT TORILLA CHIPS	SAVORY WHOLE WHEAT PITA CHIPS WITH SALSA FRUIT	APPLE CRISP	MEAT SLICES CRACKERS FRUIT	PUDDING FRUIT WATER	*TORTILLA CHIPS *PITA CHIPS *APPLE CRISP

MILK/WATER WILL BE PROVIDED WITH ALL SNACKS AND LUNCH

WEEK OF #2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ITEMS MADE FROM SCRATCH
COLD CEREAL <small>(AVAILABLE 7:30-8:30)</small>						
AM SNACK	MULTIGRAIN LIFE CEREAL FRUIT	PANCAKES FRUIT	MINI BLUEBERRY MUFFINS FRUIT	BREAKFAST EGG BITES FRUIT	HONEY WHEAT SCONE FRUIT	*PANCAKES *MUFFINS *EGG BITES *SCONE
LUNCH	SALMON POTATOES CORN FRUIT	CHILLI RICE PEAS FRUIT	CHICKEN NOODLE SOUP BUNS FRESH VEGGIES FRUIT	GRILLED CHEESE CHICKPEA SALAD FRUIT	SWEET AND SOUR PORK RICE NOODLES MIXED VEGGIES FRUIT	*SOUP *SALAD *SWEET AND SOUR SAUCE
PM SNACK	WHOLE WHEAT CINNAMON TORTILLA CHIPS FRUIT	VEGETABLE DIP (½ AND ½ PLAIN YOGURT/ SOUR CREAM MIX) FRESH VEGGIES WHOLE WHEAT PITA CHIPS	BRAN FLAKES SQUARES FRUIT	YOGURT JELLO FRUIT	WHIPPED BERRY CREAM CHEESE CRACKERS FRUIT	*TORTILLA CHIPS *PITA CHIPS * SQUARES *CREAM CHEESE

MILK/WATER WILL BE PROVIDED WITH ALL SNACKS AND LUNCH

WEEK OF #3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ITEMS MADE FROM SCRATCH
COLD CEREAL <small>(AVAILABLE 7:30-8:30)</small>						
AM SNACK	MINI PUMPKIN RAISIN MUFFINS FRUIT	UNSWEETENED APPLESAUCE FRUIT	RICE KRISPIES CEREAL FRUIT	WAFFLES FRUIT	BANANA OAT BREAKFAST BARS FRUIT	*MUFFINS *BREAKFAST BARS
LUNCH	FISH NOODLES PEAS AND CARROTS FRUIT	CHICKEN POTPIE WITH AND PEAS AND CARROTS FRUIT	POTATOE LEEK CHOWDER SOUP HAM CUBES CRACKERS FRESH VEGGIES FRUIT	BEEF DIP WITH DIPPING JUICE CUCUMBER AND TOMATO SALAD FRUIT	QUICHE (SPINACH AND BROCCOLI) FRUIT	*SOUP *SALAD
PM SNACK	DILL DIP (½ AND ½ PLAIN YOGURT/ SOUR CREAM MIX) FRESH VEGGIES CRACKERS	PUFFED WHEAT SQUARES FRUIT	BERRY CREAM CHEESE WRAPS (WHOLEWHEAT) FRUIT	FRUIT SMOOTHIE ANIMAL CRACKERS	SAVORY WONTON WRAPS FRUIT	*PUFFED WHEAT SQUARES CREAM CHEESE

CENTRE MENU*

WEEK OF #4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ITEMS MADE FROM SCRATCH
COLD CEREAL <small>(AVAILABLE 7:30-8:30)</small>						
AM SNACK	RAISIN BREAD FRUIT	OATMEAL FRUIT	WHEAT SQUARES FRUIT	MINI YOGURT HONEY CRANRAISIN MUFFINS FRUIT	SCRAMBLED EGGS FRUIT	*MUFFINS
LUNCH	CHICKEN NUGGETS RICE MIXED VEGGIES FRUIT	BBQ TOFU NOODLES CAULIFLOWER FRUIT	LASAGANA SOUP BUN FRESH VEGGIES FRUIT	PORK STIR FRY RICE NOODLES ORIENTAL VEGGIES FRUIT	SALMON WRAPS GARDEN SALAD FRUIT	*BBQ SAUCE *SOUP *SALAD
PM SNACK	BAKED APPLES	CHUNKY BEAN DIP WHOLE WHEAT TORTILLA CHIPS FRUIT	BANANA CARROT LOAF FRUIT	MUSHROOM DIP (½ AND ½ PLAIN YOGURT/ SOUR CREAM MIX) FRESH VEGGIES CRACKERS	SWEET TRAIL MIX DRIED FRUIT	*DIPS *TORTILLA CHIPS *LOAF *TRAIL MIX

MILK/ WATER WILL BE PROVIDED WITH ALL SNACKS AND LUNCH

WEEK OF #5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ITEMS MADE FROM SCRATCH
COLD CEREAL (AVAILABLE 7:30-8:30)						
AM SNACK	MULTIGRAIN CHEERIOS FRUIT	YOGURT (½ AND ½ PLAIN FLAVOURED MIX) FRUIT	PANCAKES FRUIT	MINI OATMEAL RAISIN MUFFINS FRUIT	APPLE CINNAMON SCONE FRUIT	*PANCAKES *MUFFINS *SCONES
LUNCH	PIZZA-STYLE FISH RICE NOODLES CORN FRUIT	HAMBURGERS WITH LETTUCE AND TOMATO FRESH VEGGIES FRUIT	VEGETABLE TOFU SOUP CRACKER FRESH VEGGIES FRUIT	TERIYAKI CHICKEN NOODLES PEAS AND CARROTS FRUIT	ROAST PORK POTATOES CARROTS FRUIT	*SOUP *TERIYAKI
PM SNACK	OATMEAL CHOCOLATE CHIP COOKIES FRUIT	AVOCADO DIP WHOLE WHEAT PITA CHIPS FRUIT	CORN CHIPS WITH MELTED CHEESE SALSA AND SOUR CREAM FRUIT	APPLESAUCE WITH BERRIES ANIMAL CRACKERS	RANCH DIP (½ AND ½ PLAIN YOGURT/ RANCH DRESSING) FRESH VEGGIES CRACKER	*COOKIES *DIP *PITA CHIPS

MILK/WATER WILL BE PROVIDED WITH ALL SNACKS AND LUNCH

CENTRE MENU*

WEEK OF #6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ITEMS MADE FROM SCRATCH
COLD CEREAL (AVAILABLE 7:30-8:30)						
AM SNACK (SERVING TWO FOOD GROUPS)	APPLESAUCE	CORN FLAKES CEREAL FRUIT	CARROT PINEAPPLE MUFFINS FRUIT	CINNAMON BUNS FRUIT	ENGLISH MUFFINS FRUIT	*MUFFINS *CINNAMON BUNS
LUNCH (SERVING FOUR FOOD GROUPS)	VEGETABLE LASAGNA CASSEROLE FRUIT	HAM RICE NOODLES MIXED VEGGIES FRUIT	CHICKEN RICE SOUP FRESH VEGGIES PITA TRIANGLES FRUIT	TUNA MELTS GARDEN SALAD FRUIT	ROAST BEEF POTATOES WINTER MIX FRUIT	*SOUP
PM SNACK (SERVING TWO FOOD GROUPS)	EGG SALAD CRACKERS FRUIT	BAKED FRUIT PUDDING	SAVORY TRAIL MIX FRUIT	ICE CREAM WITH BERRY SAUCE	ONION DIP (½ AND ½ PLAIN YOGURT/ SOUR CREAM MIX) FRESHVEGGIES CRACKERS	*BAKED PUDDING *TRAIL MIX *BERRY SAUCE *DIP

MILK/WATER WILL BE PROVIDED WITH ALL SNACKS AND LUNCH

CENTRE MENU*

WEEK OF #7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ITEMS MADE FROM SCRATCH
COLD CEREAL (AVAILABLE 7:30-8:30)						
AM SNACK (SERVING TWO FOOD GROUPS)	FRENCH TOAST FRUIT	CREAM OF WHEAT FRUIT	BREAKFAST EGG BITES FRUIT	CINNAMON SCONE FRUIT	MULTIGRAIN LIFE CEREAL FRUIT	*EGG BITES *CINNAMON SCONE
LUNCH (SERVING FOUR FOOD GROUPS)	FISH RICE NOODLES CORN FRUIT	MEXICAN CHICKEN ENCHILADA RICE TORTILLA CHIPS CORN FRUIT	BROCCOLI AND CAULIFLOWER AND CHEESE SOUP PITA CHIPS FRESH VEGGIES CRACKERS FRUIT	BEANS AND WEINERS BREAD CUCUMBER AND TOMATO SALAD FRUIT	ROAST PORK NOODLES CARROTS FRUIT	*TORTILLA CHIPS *SOUP *PITA CHIPS *SALAD
PM SNACK (SERVING TWO FOOD GROUPS)	PRETZEL MELTS (CHEESE) DRIED FRUIT	BREAD PUDDING FRUIT	SALMON SALAD CRACKERS FRUIT	DILL DIP (½ AND ½ PLAIN YOGURT/ SOUR CREAM MIX) FRESH VEGGIES CRACKERS	YOGURT POPS ARROWROOT CRACKERS FRUIT	*MELTS *PUDDING *SALAD *DIP *POPS

MILK/WATER WILL BE PROVIDED WITH ALL SNACKS AND LUNCH

CENTRE MENU*

WEEK OF #8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ITEMS MADE FROM SCRATCH
COLD CEREAL (AVAILABLE 7:30-8:30)						
AM SNACK (SERVING TWO FOOD GROUPS)	RICE KRISPIES CEREAL FRUIT	MINI APPLE CINNAMON MUFFINS	BAGEL WITH CREAM CHEESE	COOKED OATMEAL FRUIT	SCRAMBLED EGGS FRUIT	*MUFFINS
LUNCH (SERVING FOUR FOOD GROUPS)	CHICKEN STROGNOFF NOODLES PEAS FRUIT	FRITTITAS (SPINACH AND BROCCOLI) FRUIT	HAMBURGER SOUP CRACKERS FRESH VEGGIES FRUIT	BBQ PORK RICE NOODLES CORN FRUIT	TUNA CASSEROLE (RICE) MIXED VEGGIES FRUIT	*SOUP *BBQ SAUCE
PM SNACK (SERVING TWO FOOD GROUPS)	GINGER COOKIES FRUIT	HUMMAS PITA TRIANGLES FRUIT	BERRY WONTON FRUIT	VEGGIE DIP (½ AND ½ PLAIN YOGURT/ SOUR CREAM MIX) FRESH VEGGIES CRACKERS	YOGURT (½ AND ½ PLAIN FLAVOURED MIX) AND GRANOLA FRUIT	*COOKIES *HUMMAS *PITA CHIPS *WONTONS *DIP *GRANOLA

MILK/WATER WILL BE PROVIDED WITH ALL SNACKS AND LUNCH

CENTRE MENU*

WEEK OF #9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ITEMS MADE FROM SCRATCH
COLD CEREAL (AVAILABLE 7:30-8:30)						
AM SNACK (SERVING TWO FOOD GROUPS)	CORNFLAKES CEREAL FRUIT	RED RIVER FRUIT	MINI CORNMEAL MUFFINS FRUIT	YOGURT (½ AND ½ PLAIN FLAVOURED MIX) FRUIT	BREAKFAST BREAD	*MUFFINS *BREAD
LUNCH (SERVING FOUR FOOD GROUPS)	SALMON RICE CORN FRUIT	PEROGIES WITH MELTED CHEESE MIXED BLACK BEAN AND CORN SALAD	CREAM OF CHICKEN SOUP FRESH VEGGIES FRUIT	PIZZA PUFFS (HAM) WITH PASTA SAUCE GARDEN SALAD FRUIT	MEATLOAF RICE NOODLES CAULIFLOWER FRUIT	*SOUP *SOUP *PUFFS
PM SNACK (SERVING TWO FOOD GROUPS)	OATMEAL RAISIN COOKIES FRUIT	TUNA SALAD CRACKERS FRUIT	PASTA VEGETABLE SALAD FRUIT	BERRY POPSICLES ARROWROOTS	CREAMY AVOCADO DIP TORTILLA CHIPS FRESH VEGGIES	*COOKIES *SALAD *POPSICLES *DIP *TORTILLA CHIPS

WATER WILL BE PROVIDED WITH ALL SNACKS AND LUNCH

CENTRE MENU*

WEEK OF #10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ITEMS MADE FROM SCRATCH
COLD CEREAL (AVAILABLE 7:30-8:30)						
AM SNACK (SERVING TWO FOOD GROUPS)	APPLESAUCE	RAISIN BRAN MUFFINS FRUIT	WAFFLES FRUIT	WHEAT SQUARES CEREAL FRUIT	BREAKFAST BARS FRUIT	*MUFFINS *BARS
LUNCH (SERVING FOUR FOOD GROUPS)	FISH STICKS POTATOES WINTER MIX FRUIT	CHICKEN FRIED RICE PEAS FRUIT	VEGETABLE LENTIL SOUP FRESH VEGGIES PITA TRIANGLES FRUIT	SPAGHETTI WITH MEAT SAUCE PEAS FRUIT	ROAST PORK RICE NOODLES PEAS AND CARROTS FRUIT	*SOUP *MEAT SAUCE
PM SNACK (SERVING TWO FOOD GROUPS)	RANCH DIP (½ AND ½ PLAIN YOGURT/ SOUR CREAM MIX) FRESH VEGGIES WHOLE WHEAT TORTILLA CHIPS	CHEESE QUESADILLAS FRUIT	HARDBOILED EGG SLICES CRACKERS FRUIT	FROZEN JUICE APPLESAUCE POPS GRAHAM CRACKERS	CEREAL MIX FRUIT	*DIP *TORTILLA CHIPS *POPSICLES

WATER WILL BE PROVIDED WITH ALL SNACKS AND LUNCH