

Sample Child Care Center Menu #1

Meal Type	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Rice Crackers & Yogurt Apples Water	No Bake Granola Bars Oranges Water	Cereal & Milk Bananas & Pears Water	Gold Fish Crackers & Cheese Cubes Apples Water	Whole Wheat Toast & Jam Apples & Clementines Water
Lunch (Meat or Alternative)	Lemon Chicken Orzo Soup and Turkey Wraps	Meat Loaf Oven Roasted Potatos	Chicken Burgers with Hash Browns	Crispy Baked Fish & Rice	Soya Chicken & Rice
Vegetables	Cucumber Coins & Carrot Sticks	Beans & Carrots	Ceasar Salad	Broccoli	Corn & Peas
Bread or Cereal	Whole Wheat Wrap	Whole Wheat Bread	Whole Wheat Burger Bun	Whole Wheat Bread	Whole Wheat Bread
Milk or Milk Products	Homogenized Milk	Homogenized Milk	Homogenized Milk	Homogenized Milk	Homogenized Milk
Fruit	Pears	Berries	Cantaloupe	Honeydew Melon	Mandarin Oranges
Afternoon Snack	Digestive Cookies Oranges Milk	Rice Cakes & Cream Cheese Pears Water	Naan Bread & Hummus Dip Veggie Sticks Water	Centre Baked Apple Squares Apples & Banana Water	Whole Wheat Wraps & Cream Cheese Apples Water
Note: Fresh Fruit may be switched to canned fruit					
Fruit and Water served with snacks – Juice is not served as part of regular menu			Revised March 2023		

Sample Child Care Center Menu #2

Meal Type	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal and Milk Apples & Clementines Water	Mini Croissants and Jam Apples Water	Gold Fish Crackers & Cheese Cubes Apples & Bananas Water	Centre Baked. Muffins Clementines Water	Whole Wheat Toast & Jam Apples & Clementines Water
Lunch (Meat or Alternative) Vegetables Bread or Cereal Milk or Milk Products Fruit	Chicken Lasagna California Mix Whole Wheat Bread Homogenized Milk Peaches	Tuna Melts Broccoli Soup In Soup Whole Wheat Bread Homogenized Milk Pineapple	Hot Quinoa Salad with Smoked Tofu Mixed Vegetables Whole Wheat Bread Homogenized Milk Honeydew Melon	Beef-or-Zoni Green Beans Whole Wheat Bread Homogenized Milk Berries	Curry Chicken & Rice Corn & Peas Whole Wheat Bread Homogenized Milk Mandarin Oranges
Afternoon Snack	Homemade Corn Bread Oranges Water	Vegetable Crackers Veggies and Dip Water	Digestives Clementines Homogenized Milk	Rice Cracker & Ranch Dip Apples Water	Pita Triangles & Red Pepper Dip Cucumber Slices Water
Note: Fresh Fruit may be switched to canned fruit					
Fruit and Water served with snacks – Juice is not served as part of regular menu			Revised March 2023		