

Week 1: October 28-November 1, November 25-29, December 23-27, January 20-24, February 17-21, March 16-20

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal Seasonal Fruit Milk	Scrambled egg and whole wheat toast Seasonal Fruit Milk	WW English Muffin w/ WOW Butter Seasonal Fruit Milk	Oatmeal Peaches/raisins Milk	WW Waffles Seasonal Fruit Milk
(V) no substitution required (GF) Gluten free cereal (DF) milk alternative	(V) Tofu (GF) Gluten-Free Bread (DF) milk alternative	(V) no substitution required (GF) Gluten-Free Bread (DF) milk alternative	(V) no substitution required (GF) no substitution required (DF) milk alternative	(V) no substitution required (GF) Gluten-Free waffles (DF) milk alternative
Chicken Noodle Soup w/ Dumplings Seasonal Vegetables Seasonal Fruit, Milk	Beef and Broccoli Brown Rice Seasonal Vegetables Seasonal Fruit Milk	Vegetarian Lasagna and WW Garlic toast Seasonal Fruit Milk	Fish and rice Seasonal Vegetables Seasonal Fruit Milk	Meatballs Couscous Seasonal Vegetables Seasonal Fruit Milk
(V) no substitution required (GF) Gluten-Free bread (DF) milk and cheese alternative	(V) mashed potatoes with vegetables (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) Gluten Free Pasta (DF) milk and cheese alternative	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) Vegetarian protein (GF) Gluten Free Bread (DF) no substitution required
Granola Bar Seasonal Fruit Water	Trail Mix, Seasonal fruit Water	Smoothie Water	Hummus and Pita Seasonal fruit Water	Apple slices, crackers and cheese Water
(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) milk alternative	(V) no substitution required (GF) Gluten-Free Bread (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) cheese alternative
2nd Snack: Oranges and Water				

Morning Snack: 8:00am -9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2nd Snack: 5:15pm

Seasonal Fruits: Apples, blackberries, grapes, peaches, pears, raspberries, pineapple, banana, plum

Seasonal Vegetables: Broccoli, cabbage, carrots, cauliflower, corn, cucumber, green beans, kale, peppers, mushrooms, lettuce

Foods are served in family style and Educators sit with the children while they are eating. Our cook also eats with the children to get their feedback and ensure food is being enjoyed.

Water is available at each snack, lunch and throughout the day to the children.

Children under the age of 1 – will eat according to the Infant Feeding Information sheet that parents fill out during Registration

Children in Rooms 1, 2 and 3 will be drinking whole milk (or formula, etc. when appropriate)

Servings are based on the Canadian Food Guide and Alberta Health Services guidelines

Week 2: November 4-8, December 2-6, December 30-January 3, January 27-31, February 24-28, March 23-27

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal Seasonal Fruit Milk	Congee Seasonal Fruit Milk	Yogurt and Granola Seasonal Fruit Milk	WW Toast and Jam Seasonal Fruit Jam	Muesli Seasonal Fruit Milk
(V) no substitution required (GF) Gluten free cereal (DF) milk alternative	(V) no substitution required (GF) no substitution required (DF) milk alternative	(V) no substitution required (GF) no substitution required (DF) milk alternative	(V) no substitution required (GF) Gluten Free Bread (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) milk alternative
Tomato Soup, grilled cheese with Spinach Seasonal Vegetables Seasonal Fruit Milk	Shepherds Pie Seasonal Vegetables Seasonal Fruit Milk	Cheese Ravioli with tomato sauce Seasonal Vegetables Seasonal Fruit Milk	Vegetarian Stir Fry Brown Rice Seasonal Fruit Milk	Sloppy Joe's (Turkey) Seasonal Vegetables Seasonal Fruit Milk
(V) no substitution required (GF) Gluten-Free bread (DF) milk and cheese alternative	(V) mashed potatoes with vegetables (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) Gluten Free Pasta (DF) milk and cheese alternative	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) Vegetarian protein (GF) Gluten Free Bread (DF) no substitution required
Baked sweet potato fries Seasonal Fruit Water	Rice cake, bananas, blueberries, yogurt spread and granola Water	Vegetables sticks Water	Blueberry Bread Seasonal Fruit Water	Yogurt pop Water
(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) milk alternative	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) Gluten-Free Bread (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) milk alternative
2nd Snack: Carrot Sticks				

Morning Snack: 8:00am -9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2nd Snack: 5:15pm

Seasonal Fruits: Apples, blackberries, grapes, peaches, pears, raspberries, pineapple, banana, plum

Seasonal Vegetables: Broccoli, cabbage, carrots, cauliflower, corn, cucumber, green beans, kale, peppers, mushrooms, lettuce

Foods are served in family style and Educators sit with the children while they are eating. Our cook also eats with the children to get their feedback and ensure food is being enjoyed.

Water is available at each snack, lunch and throughout the day to the children.

Children under the age of 1 – will eat according to the Infant Feeding Information sheet that parents fill out during Registration

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Week 3: November 12-15, December 9-13, January 6-10, February 3-7, March 2-6, March 30-April 3

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal Seasonal Fruit Milk	WW Bagel, cream cheese, jam Seasonal Fruit Milk	Oatmeal with apples Milk	Yogurt and granola Blueberries Milk	Omelet and WW Toast Seasonal Fruit Milk
(V) no substitution required (GF) Gluten Free Cereal (DF) milk alternative	(V) no substitution required (GF) Gluten Free Bagel (DF) milk alternative	(V) no substitution required (GF) no substitution required (DF) milk alternative	(V) no substitution required (GF) no substitution required (DF) milk alternative	(V) Tofu (GF) Gluten Free Bread (DF) milk alternative
Macaroni, ham, broccoli and cheese Seasonal Fruit Milk	Chicken enchiladas with Brown Rice Casserole Seasonal Vegetables Seasonal Fruit Milk	Meatball minestrone Soup WW Crackers Seasonal Vegetables Seasonal Fruit Milk	Mexican quinoa Seasonal Fruit Milk	Beef stroganoff Seasonal Fruit Milk
(V) protein alternative (GF) Gluten Free Pasta (DF) milk alternative	(V) vegetarian enchiladas (GF) no substitution required (DF) milk alternatives	(V) vegetarian soup (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) milk alternative	(V) Vegetarian Stroganoff (GF) Gluten-Free pasta (DF) milk alternative
Smoothie Water	Zucchini loaf Seasonal fruits Water	Ants on a log Seasonal fruits Water	Granola bar Seasonal fruits Water	Seasoned pretzels Seasonal fruits Water
(V) no substitution required (GF) no substitution required (DF) milk alternative	(V) no substitution required (GF) Gluten-free bread (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required
2nd Snack: Apples				

Morning Snack: 8:00am -9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2nd Snack: 5:15pm

Seasonal Fruits: Apples, blackberries, grapes, peaches, pears, raspberries, pineapple, banana, plum

Seasonal Vegetables: Broccoli, cabbage, carrots, cauliflower, corn, cucumber, green beans, kale, peppers, mushrooms, lettuce

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Week 4: November 18-22, December 16-20, January 13-17, February 10-14, March 9-13, April 6-10

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal Seasonal Fruit Milk	Boiled Egg and WW Toast Seasonal Fruit Milk	Pan a la Catalan, WW Garlic bread Seasonal Fruit Milk	Pancakes Blueberries Milk	Smoothie Milk
(V) no substitution required (GF) Gluten Free Cereal (DF) milk alternative	(V) Tofu (GF) Gluten-free bread (DF) milk alternative	(V) no substitution required (GF) Gluten-free bread (DF) milk alternative	(V) no substitution required (GF) Gluten-free pancakes (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) milk alternative
Lentil vegetable soup w/ pita Seasonal Vegetables Seasonal Fruit Milk	Chili and WW bread Seasonal Vegetables Seasonal Fruit Milk	Cheesy chicken and WW pasta with broccoli Seasonal Vegetables Seasonal Fruit Milk	Tuna melt on WW bun Seasonal Vegetables Seasonal Fruit Milk	Spinach and Ricotta Tortellini Pasta Seasonal Fruit Milk
(V) no substitution required (GF) no substitution required (DF) milk alternative	(V) protein alternative (GF) Gluten-free bread (DF) milk alternative	(V) protein alternative (GF) Gluten-free pasta (DF) milk alternative	(V) protein alternative (GF) Gluten-free bun (DF) milk alternative	(V) protein alternative (GF) Gluten-free pasta (DF) milk alternative
Oatmeal cookies Seasonal Fruit Water	Peppers, Carrot Sticks, Celery Seasonal fruit Water	Apples, crackers Water	Cream cheese Jam WW Graham Cracker Seasonal fruit Water	Banana Bread Seasonal Fruit Water
(V) no substitution required (GF) Gluten-free cookies (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) Gluten-free cracker (DF) cheese alternative	(V) no substitution required (GF) Gluten-free bread (DF) no substitution required
2nd Snack: Dried Fruit				

Morning Snack: 8:00am -9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2nd Snack: 5:15pm

Seasonal Fruits: Apples, blackberries, grapes, peaches, pears, raspberries, pineapple, banana, plum

Seasonal Vegetables: Broccoli, cabbage, carrots, cauliflower, corn, cucumber, green beans, kale, peppers, mushrooms, lettuce

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