



CPCCS Fall and Winter Menu (Week 1)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Seasonal Fruit Milk	Chicken Noodle Soup with Dumplings Seasonal Fruits & Vegetables Milk	Granola Bars Seasonal Fruit Water	(V) Vegetarian Soup
T	Oatmeal & Diced Peaches Milk	Beef and Broccoli with Brown Rice Seasonal Fruits & Vegetables Milk	Smoothie Water	(V) Vegetarian Beef and Broccoli
W	Whole Wheat English Muffin with Wow! Butter Seasonal Fruit Milk	Vegetable Lasagna with Whole Wheat Garlic Toast Seasonal Fruits & Vegetables Milk	Trail Mix Seasonal Fruit Water	No Substitution Required
Th	Parfait Milk	Pizza Seasonal Fruits & Vegetables Milk	Hummus and Pita Seasonal Fruit Water	(V) Vegetarian Pizza
F	Whole Wheat Waffles Seasonal Fruit Milk	Meatballs and Couscous Seasonal Fruits & Vegetables Milk	Apple Slices and Cheese Water	(V) Vegetarian Meatballs

Morning Snack: 8:00am – 9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2nd Snack: 5:30pm (Fruits, Crackers, and Water)

*To-Go Snacks are available at the kitchen in the afternoon for children to take for their journey home.
An assortment of fresh fruit, dried fruits and crackers are offered for selection.

QUICK INFO

- ✓ Foods are served in family-style and Educators are seated with the children while they are eating.
- ✓ 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 filled out upon registration.
- ✓ Children in Room 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.



CPCCS Fall and Winter Menu (Week 2)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Seasonal Fruit Milk	Tomato Soup with Grilled Cheese & Spinach Seasonal Fruits & Vegetables Milk	Baked Sweet Potato Fries Seasonal Fruit Water	No Substitution Required
T	Congee Seasonal Fruit Milk	Shepherd's Pie Seasonal Fruits & Vegetables Milk	Veggie Sticks and Whole Wheat Crackers Water	(V) Vegetarian Shepherd's Pie
W	Yogurt and Granola Seasonal Fruit Milk	Cheesy Ravioli with Tomato Sauce Seasonal Fruits & Vegetables Milk	Rice Cakes with Wow! Butter Water	No Substitution Required
Th	Whole Wheat Toast with Jam Seasonal Fruit Milk	Asian Teriyaki Vermicelli with Beef Seasonal Fruits & Vegetables Milk	Blueberry Bread Water	(V) Vegetarian Teriyaki Vermicelli
F	Breakfast Wrap Seasonal Fruit Milk	Chicken and Veggie Fried Rice Seasonal Fruits & Vegetables Milk	Yogurt Popsicles Water	No Substitution Required

Morning Snack: 8:00am – 9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2nd Snack: 5:30pm (Fruits, Crackers, and Water)

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CPCCS Fall and Winter Menu (Week 3)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Seasonal Fruit Milk	Cheesy Ham and Broccoli Macaroni Seasonal Fruits & Vegetables Milk	Smoothie Water	(V) Vegetarian Macaroni
T	Whole Wheat Bagel with Cream Cheese Seasonal Fruit Milk	Taco Tuesday Seasonal Fruits & Vegetables Milk	Zucchini Loaf Seasonal Fruit Water	(V) Vegetarian Tacos
W	Oatmeal & Diced Apples Milk	Meatball Minestrone Soup with Whole Wheat Crackers Seasonal Fruits & Vegetables Milk	Ants on a Log (Preschool) Ants on a Stumps (Infant) Seasonal Fruit Water	(V) Vegetarian Soup
Th	Parfait Milk	Spaghetti with Creamy Tomato Sauce Seasonal Fruits & Vegetables Milk	Granola Bars Seasonal Fruits Water	No Substitution Required
F	Omelet with Whole Wheat Toast Seasonal Fruit Milk	Beef Stroganoff Seasonal Fruits & Vegetables Milk	Seasoned Pretzels Seasonal Fruits Water	(V) Vegetarian Stroganoff

Morning Snack: 8:00am – 9:00am

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Afternoon Snack: 2:30pm – 3:30pm

2nd Snack: 5:30pm (Fruits, Crackers, and Water)

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CPCCS Fall and Winter Menu (Week 4)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Seasonal Fruit Milk	Spinach and Ricotta Tortellini Pasta Seasonal Fruits & Vegetables Milk	Apples and Whole Wheat Crackers Water	No Substitution Required
T	Hard Boiled Eggs with Whole Wheat Toast Seasonal Fruit Milk	Lentil Vegetable Soup with Pita Seasonal Fruits & Vegetables Milk	Oatmeal Cookies Seasonal Fruit Water	No Substitution Required
W	Carrot Muffins Seasonal Fruit Milk	Cheesy Chicken and Broccoli Pasta Seasonal Fruits & Vegetables Milk	Veggie Sticks Seasonal Fruit Water	(V) Vegetarian Pasta
Th	French Toast Seasonal Fruit Milk	Tuna Melt on Whole Wheat Buns Seasonal Fruits & Vegetables Milk	Whole Wheat Graham Crackers and Jam Water	(V) Tofu Melt
F	Pancakes with Blueberries Milk	Chili Cornbread Pie Seasonal Fruits & Vegetables Milk	Oat Bran Muffins Water	(V) Vegetarian Chili

Morning Snack: 8:00am – 9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2nd Snack: 5:30pm (Fruits, Crackers, and Water)

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