



CPCCS Spring and Summer Menu (Week 1)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Seasonal Fruit Milk	Chicken & Barley Soup Seasonal Fruits & Vegetables Milk	Seasoned Pretzels Seasonal Fruit Water	(V) Vegetable Soup (GF) Chicken & Veggie Soup
T	Hard Boiled Eggs Whole Wheat Toast Seasonal Fruit Milk	Mini Burgers Seasonal Fruits & Vegetables Milk	Blueberry Bread Water	(V) Vegetarian Burger (GF) Gluten-Free Bun
W	Oatmeal with Diced Apples Milk	Teriyaki Chicken with Brown Rice Seasonal Fruits & Vegetables Milk	Veggie Sticks Whole Wheat Crackers Water	(V) Stir-Fried Tofu
Th	Whole Wheat Toast with Cinnamon Butter Seasonal Fruit Milk	Vegetarian Pasta Salad Seasonal Fruits & Vegetables Milk	Frozen Yogurt Pops Water	No Substitution Required
F	Pancakes & Blueberries Milk	Chili con Carne Garlic Toast Seasonal Fruits & Vegetables Milk	Banana Sushi Water	(V) Vegetarian Chili (GF) Gluten-Free Bread

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 Spring and Summer Menu (Week 2)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Seasonal Fruit Milk	Chicken Parmesan with Whole Wheat Pasta Seasonal Fruits & Vegetables Milk	Carrot Muffins Water	(V) Cheesy Pasta (GF) Gluten-Free Pasta
T	French Toast Seasonal Fruit Milk	Fish Tacos Seasonal Fruits & Vegetables Milk	Trail Mix Seasonal Fruit Water	(V) Tofu
W	Parfait Milk	Cabbage Rolls Seasonal Fruits & Vegetables Milk	Cheese, Carrot Sticks, & Whole Wheat Crackers Water	No Substitution Required
Th	Scrambled Eggs Whole Wheat Toast & Jam Milk	Chicken Subs Seasonal Fruits & Vegetables Milk	Smoothie Water	(V) Vegetarian Sub (GF) Gluten-Free Bread
F	Whole Wheat Waffles Seasonal Fruit Milk	Pizza Seasonal Fruits & Vegetables Milk	Apple Crisp Water	(V) Vegetarian Pizza (GF) Gluten-Free Pizza

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

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- ✓ 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.
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CPCCS Spring and Summer Menu (Week 3)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Seasonal Fruit Milk	Perogies Seasonal Fruits & Vegetables Milk	Hummus & Pita Bread Seasonal Fruit Water	No Substitution Required
T	Omelet with Whole Wheat Toast Seasonal Fruit Milk	Cheesy Chicken & Vegetable Quesadilla Seasonal Fruits & Vegetables Milk	Veggie Sticks & Whole Wheat Crackers Water	(V) Vegetarian Quesadilla
W	Mixed Berry Muffins Milk	Shepherd's Pie Seasonal Fruits & Vegetables Milk	Smoothie Water	(V) Chickpea Shepherd's Pie
Th	Yogurt & Granola Milk	Mexican Quinoa Seasonal Fruits & Vegetables Milk	Zucchini Loaf Season Fruit Water	No Substitution Required
F	Banana Pancakes Milk	Sloppy Joe's (Turkey) Seasonal Fruits & Vegetables Milk	Oatmeal Cookies Seasonal Fruit Water	(V) Vegetarian Sandwich (GF) Gluten-Free Bread

Morning Snack: 8:00am – 9:00am

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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

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- ✓ 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.
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CPCCS Spring and Summer Menu (Week 4)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Seasonal Fruit Milk	Baked Chicken & Vegetable Risotto Seasonal Fruits & Vegetables Milk	Ants on a Log (Preschool) Ants on a Stump (Infant) Water	(V) Vegetarian Risotto
T	Breakfast Wrap Seasonal Fruit Milk	Meatloaf & Mashed Potatoes Seasonal Fruits & Vegetables Milk	Oat Bran Muffins Season Fruit Water	(V) Vegetarian Meatloaf
W	Oatmeal & Diced Peaches Milk	Squash Soup with Pita Seasonal Fruits & Vegetables Milk	Banana Bread Seasonal Fruit Water	No Substitution Required
Th	English Muffin with Wow Butter Seasonal Fruit Milk	Chicken & Veggie Pizza Seasonal Fruits & Vegetables Milk	Strawberry Cookies Seasonal Fruit Water	(V) Vegetarian Pizza (GF) Gluten-Free Pizza
F	Yogurt & Granola Seasonal Fruit Milk	Potato Gnocchi with Creamy Tomato Sauce Seasonal Fruits & Vegetables Milk	Apple Slices and Cheese 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)

*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.

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