



# 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	Homemade Granola Bars Water	(V) Vegetarian Soup
T	Oatmeal & Diced Peaches Milk	Beef and Broccoli with Brown Rice Seasonal Fruits & Vegetables Milk	Smoothie Water	(V) Ground Veggie and Broccoli
W	Whole Wheat English Muffin with Wow! Butter Seasonal Fruit Milk	Vegetable Lasagna with Whole Wheat Garlic Toast Seasonal Fruits & Vegetables Milk	Homemade Oatmeal Cookies Water	No Substitution Required
Th	Parfait Milk	Pizza Seasonal Fruits & Vegetables Milk	Hummus and Pita Triangles 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

## 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.

Morning Snack: 8:00am – 9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2<sup>nd</sup> 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.**



# CPCCS Fall and Winter Menu (Week 2)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
<b>M</b>	Whole Grain Cereal Seasonal Fruit Milk	Cheesy Ravioli with Tomato Sauce Seasonal Fruits & Vegetables Milk	Seasoned Pretzels Seasonal Fruit Water	No Substitution Required
<b>T</b>	Congee Seasonal Fruit Milk	Shepherd's Pie Seasonal Fruits & Vegetables Milk	Baked Sweet Potato Fries Seasonal Fruit Water	(V) Ground Veggie Shepherd's Pie
<b>W</b>	Healthy Morning Glory Muffins Milk	Tomato Soup with Grilled Cheese & Spinach Seasonal Fruits & Vegetables Milk	Veggie Sticks and Whole Wheat Crackers Water	No Substitution Required
<b>Th</b>	Whole Wheat Toast with Cinnamon Butter Seasonal Fruit Milk	Asian Teriyaki Vermicelli with Beef Seasonal Fruits & Vegetables Milk	Rice Cakes with Wow! Butter Water	(V) Vegetarian Teriyaki Vermicelli
<b>F</b>	Breakfast Wrap Seasonal Fruit Milk	Chicken and Veggie Fried Rice Seasonal Fruits & Vegetables Milk	Homemade Blueberry Bread Water	(V) Vegetarian Fried Rice

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

Morning Snack: 8:00am – 9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2<sup>nd</sup> 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	Banana Rolls Water	(V) Vegetarian Macaroni
T	Whole Wheat Bagel with Cream Cheese Seasonal Fruit Milk	Fish Taco Tuesday Seasonal Fruits & Vegetables Milk	Homemade 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) Water	(V) Vegetarian Soup
Th	Yogurt and Granola Milk	Turkey Melt Sub Seasonal Fruits & Vegetables Milk	Pumpkin Raisin Muffins Water	(V) Ground Veggie Melt
F	Omelet with Whole Wheat Toast Seasonal Fruit Milk	Beef Stroganoff with Brown Rice Seasonal Fruits & Vegetables Milk	Homemade Apple Crisp Water	(V) Vegetarian Stroganoff

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

Morning Snack: 8:00am – 9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2<sup>nd</sup> Snack: 5:30pm (Fruits, Crackers, and Water)

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# CPCCS Fall and Winter Menu (Week 4)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
<b>M</b>	Whole Grain Cereal Seasonal Fruit Milk	Spinach and Ricotta Tortellini Pasta Seasonal Fruits & Vegetables Milk	Trail Mix Water	No Substitution Required
<b>T</b>	Hard Boiled Eggs with Whole Wheat Toast Seasonal Fruit Milk	Lentil Vegetable Soup with Pita Seasonal Fruits & Vegetables Milk	Homemade Oatmeal Cookies Water	No Substitution Required
<b>W</b>	Carrot Bran Muffins Seasonal Fruit Milk	Taquitos Seasonal Fruits & Vegetables Milk	Veggie Sticks with Dip Water	(V) Vegetarian Taquitos
<b>Th</b>	French Toast Seasonal Fruit Milk	Spaghetti with Creamy Tomato Sauce Seasonal Fruits & Vegetables Milk	Whole Wheat Graham Crackers and Jam Water	No Substitution Required
<b>F</b>	Pancakes with Blueberries Milk	Chili Cornbread Pie Seasonal Fruits & Vegetables Milk	Apples and Whole Wheat Crackers Water	(V) Vegetarian Chili

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Morning Snack: 8:00am – 9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2<sup>nd</sup> 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.**