



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	Apple Slices and Cheese Water	(V) Vegetarian Soup
T	Oatmeal & Diced Peaches Milk	Veggie Chili w/ Cornbread Seasonal Fruits & Vegetables Milk	Power Gold Smoothie Water	No Substitution Require
W	Whole Wheat English Muffin with Wow! Butter Seasonal Fruit Milk	Pizza Seasonal Fruits & Vegetables Milk	Homemade Oatmeal Cookies Water	(V) Vegetarian Pizza
Th	Fruit Salad w/ Yogurt Milk	Vegetable Lasagna with Whole Wheat Garlic Toast Seasonal Fruits & Vegetables Milk	Hummus and Pita Seasonal Fruit Water	No Substitution Required
F	Whole Wheat Waffles Seasonal Fruit Milk	Meatballs and Couscous Seasonal Fruits & Vegetables Milk	Homemade Granola Bars 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

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.



CPCCS Fall and Winter Menu (Week 2)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Seasonal Fruit Milk	Cheesy Ravioli with Tomato Sauce Seasonal Fruits & Vegetables Milk	Seasoned Pretzels Seasonal Fruit Water	No Substitution Required
T	Whole Wheat Toast w/ Cinnamon Butter Seasonal Fruit Milk	Chicken and Veggie Fried Rice Seasonal Fruits & Vegetables Milk	Veggie Sticks and Whole Wheat Crackers Water	(V) Tofu Fried Rice
W	Healthy Morning Glory Muffins Milk	Tomato Soup w/ Grilled Cheese & Spinach Seasonal Fruits & Vegetables Milk	Baked Sweet Potato Fries Seasonal Fruit Water	No Substitution Required
Th	Breakfast Wrap Seasonal Fruit Milk	Asian Teriyaki Vermicelli with Beef Seasonal Fruits & Vegetables Milk	Rice Cakes with Wow! Butter Water	(V) Vegetarian Teriyaki Vermicelli
F	Oatmeal Bread with Jam Seasonal Fruit Milk	Corn Chowder w/ Pita Seasonal Fruits & Vegetables Milk	Homemade Blueberry Bread Water	No Substitution Required

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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	Tomato Macaroni & Cheese Seasonal Fruits & Vegetables Milk	Ants on a Log (Preschool) Ants on a Stump (Infant) Seasonal Fruit Water	No Substitution Required
T	Whole Wheat Bagel with Cream Cheese Seasonal Fruit Milk	Chicken Taco Tuesday Seasonal Fruits & Vegetables Milk	Homemade Zucchini Loaf Seasonal Fruit Water	(V) Vegetarian Tacos
W	Cinnamon Morning Oatmeal Milk	Meatball Minestrone Soup with Whole Wheat Crackers Seasonal Fruits & Vegetables Milk	Banana Rolls Water	(V) Vegetarian Soup
Th	Yogurt and Granola Milk	Cheesy Veggie Pizza Seasonal Fruits & Vegetables Milk	Pumpkin Raisin Muffins Water	No Substitution Required
F	Omelet with Whole Wheat Toast Seasonal Fruit Milk	Better Butter Chicken Seasonal Fruits & Vegetables Milk	Homemade Apple Crisp Water	(V) Tofu

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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 4)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Seasonal Fruit Milk	Spinach and Ricotta Tortellini Pasta Seasonal Fruits & Vegetables Milk	Trail Mix Water	No Substitution Required
T	Hard Boiled Eggs with Whole Wheat Toast Seasonal Fruit Milk	Lentil Vegetable Soup with Pita Seasonal Fruits & Vegetables Milk	Orange Banana Muffins Water	No Substitution Required
W	Carrot Bran Muffins Seasonal Fruit Milk	Taquitos Seasonal Fruits & Vegetables Milk	Veggie Sticks w/ Dip Water	(V) Vegetarian Taquitos
Th	French Toast Seasonal Fruit Milk	Spaghetti w/ Creamy Tomato Sauce Seasonal Fruits & Vegetables Milk	Whole Wheat Graham Crackers and Jam Water	(V) Vegetarian sauce
F	Pancakes with Blueberries Milk	Black Bean Veggie Casserole Seasonal Fruits & Vegetables Milk	Apples and Whole Wheat Crackers Water	No Substitution Required

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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.