

Week 1: May 21-24, June 17-21, July 15-19, August 12-16, September 3-6, September 30-October 4

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal Seasonal Fruit Milk	Hard boiled egg whole wheat toast Seasonal Fruit Milk	Oatmeal w/ diced apples Milk	Pancake Blueberries Milk	WW toast with cinnamon butter Seasonal Fruit Milk
(V) no substitution required (GF) Gluten free cereal (DF) milk alternative	(V) Fried tofu (GF) Gluten-Free Bread (DF) Fried tofu	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) GF free pancake (DF) no substitution required	(V) no substitution required (GF) GF free bread (DF) no substitution required
Chicken and barley soup Seasonal fruit and vegetables Milk	Mini burger Seasonal fruit and vegetables Milk	Teriyaki chicken Brown rice Seasonal fruit and vegetables Milk	Cobb salad wrap Seasonal fruit Milk	Chili con carne Garlic toast Seasonal fruit and vegetables Milk
(V) Vegetable Soup (GF) Chicken and veggie soup (DF) no substitution required	(V) Vegetarian burger (GF) no substitution required (DF) no substitution required	(V) Stir fried veggies (GF) no substitution required (DF) no substitution required	(V) Tofu pieces and veggies (GF) no substitution required (DF) Chicken salad wrap	(V) Vegetarian chili (GF) GF free bread (DF) no substitution required
Seasoned pretzels Seasonal fruit Water	Blueberry bread Water	Veggie sticks WW crackers Water	Frozen yogurt pops Seasonal fruit Water	Strawberry pudding Water
(V) no substitution required (GF) (DF) no substitution required	(V) no substitution required (GF) GF 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) Fruit salad	(V) no substitution required (GF) no substitution required (DF) Apple sauce
2nd Snack: Fruits, crackers 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: May 27-31, June 24-28, July 22-26, August 19-23, September 9-13, October 7-11

Monday	Tuesday	Wednesday	Thursday	Friday
Whole grain cereal Seasonal fruit Milk	Parfait Milk	French toast Seasonal fruit Milk	Scrambled egg w/ WW toast Seasonal fruit Jam	WW waffle Seasonal fruit Milk
(V) no substitution required (GF) Gluten free cereal (DF) Milk alternative	(V) no substitution required (GF) no substitution required (DF) Fruit salad	(V) no substitution required (GF) GF free bread (DF) WW toast and wow butter	(V) Tofu (GF) Gluten Free Bread (DF) Tofu	(V) no substitution required (GF) no substitution required (DF) no substitution required
Chicken parmesan WW pasta Seasonal fruit and vegetables Milk	Fish tacos Seasonal fruit and vegetables Milk	Cabbage roll Seasonal fruit and vegetables Milk	Chicken subs Seasonal fruit and vegetables Milk	Pizza Seasonal fruit and vegetables Milk
(V) Stewed legumes (GF) GF free pasta (DF) Grilled chicken and pasta	(V) Tofu (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) Vegetarian sub (GF) GF free bread (DF) no substitution required	(V) Vegetarian pizza (GF) Gluten free pizza (DF) Pizza with no cheese
Carrot muffins Seasonal fruit Water	Trail mix Seasonal fruit Water	Banana bread Water	Sausage, pickles and WW crackers Seasonal fruit Water	Apple crisp Water
(V) no substitution required (GF) GF free muffins (DF) Muffins made with apple sauce	(V) no substitution required (GF) GF free crackers (DF) no substitution required	(V) no substitution required (GF) GF free bread (DF) Banana bread made with apple sauce	(V) no substitution required (GF) GF free crackers (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required
2nd Snack: Carrot Sticks 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.

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<i>Week 3: June 3-7, July 2-5, 29-August 2, 26-30, September 16-20, October 15-18</i>				
Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal Seasonal fruit Milk	Omelet w/ WW toast Seasonal fruit Milk	Mixed berries muffin Milk	Yogurt and granola Seasonal fruit Milk	Banana pancakes Seasonal fruit Milk
(V) no substitution required (GF) Gluten Free Cereal (DF) no substitution required	(V) Tofu (GF) Gluten free toast (DF) Tofu	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) Apple sauce	(V) no substitution required (GF) Gluten Free Bread (DF) no substitution required
Perogies Seasonal fruit and vegetables Milk	Ham, cheese and lettuce sandwich Seasonal fruit and vegetables Milk	Shepherd's pie Seasonal fruit and vegetables Milk	Mexican quinoa Seasonal fruit and vegetables Milk	Sloppy joe (turkey) Seasonal fruit and vegetables Milk
(V) no substitution required (GF) Gluten Free Pasta (DF) no cheese	(V) Vegetarian sandwich (GF) Gf free bread (DF) no cheese	(V) Lentil stew (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) Vegetarian sandwich (GF) GF free sandwich (DF) no substitution required
Hummus and pita Seasonal fruit Water	Zucchini loaf Seasonal fruit Water	Smoothie Water	Ants on a log (preschool) Ants on a WW cracker (infant) Seasonal fruit Water	Oatmeal cookie Seasonal fruit Water
(V) no substitution required (GF) GF free pite (DF) no substitution required	(V) no substitution required (GF) GF free loaf (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) Fruit salad	(V) no substitution required (GF) Gf free crackers (DF) no substitution required	(V) no substitution required (GF) GF free cookie (DF) Cookie made with apple sauce
2nd Snack: Apples 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

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Week 4: June 10-14, July 8-12, August 6-9, September 23-27, October 21-25

Monday	Tuesday	Wednesday	Thursday	Friday
Whole grain cereal Seasonal fruit Milk	Breakfast wrap Seasonal fruit Milk	Oatmeal and diced peaches Milk	English muffin w/ wow butter Seasonal fruit Milk	Yogurt and granola Seasonal fruit Milk
(V) no substitution required (GF) Gluten Free Cereal (DF) no substitution required	(V) Tofu (GF) gluten free bread (DF) tofu	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF)
Chicken noodle casserole Seasonal fruit and vegetables Milk	Broccoli quiche w/ WW toast Seasonal fruit and vegetables Milk	Squash soup w/ pita Seasonal fruit and vegetables Milk	Chicken and veggie pizza Seasonal fruit and vegetables Milk	Tuna melt Seasonal fruit and vegetables Milk
(V) Vegetarian soup (GF) Chicken and veggie soup (DF) no substitution required	(V) Stir fry tofu with broccoli (GF) GF free toast (DF) Stir fry tofu with broccoli	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) Vegetarian pizza (GF) GF free pizza (DF) Pizza w/ no cheese	(V) Vegetarian sandwich (GF) GF free bread (DF) no cheese
Veggie sticks WW crackers Water	Oat bran muffin Seasonal fruit Water	Smoothie Water	Strawberry cookie Seasonal fruit Water	Apple slices and cheese Water
(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) GF free muffin (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) GF free cookie (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required
2 nd Snack: Dried Fruit and water				

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

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2nd Snack: 5:15pm

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