

Week one Menu

	AM Snack	Lunch	PM Snack
Monday	Home made pancakes and blueberries	Ground beef, rice, peas, unsweetened apple sauce, and milk	Homemade bran muffins and milk
Tues	Cereal with milk	Chicken, mashed potatoes, peas, mandarin oranges, milk	Apples and cheddar
Wed	Bagels with fruit preserve/cream cheese	Spaghetti, garlic bread, coleslaw, peaches, milk	In season fruit and organic whole grain crackers
Thurs	Yoghurt and whole grain crackers	Hummus&Cucumber/Chicken/Cheddar/ Egg Sandwiches, raw veggies, pears and milk. (Babies: Cooked Veggies)	Homemade oatmeal and pumpkin cookies and milk
Fri	English muffins with cream cheese/fruit preserve	Chicken/Vegetable soup, homemade biscuits, mandarin oranges, milk	Bananas and whole grain crackers

Week Two Menu

	AM Snack	Lunch	PM Snack
Monday	Homemade oatmeal and milk	Lentil and Tomato Soup with Grilled Cheddar Sandwiches, peaches and milk	Hummus and Naan Crisps
Tues	Bagels with fruit preserve/cream cheese	Chicken broccoli stir fry, egg rolls, rice, pears, milk	Homemade bran muffins and milk
Wed	Cereal and milk	Homemade macaroni and cheese with baked ham, raw veggies, mandarins, and milk (Babies: cooked veggies)	Bananas and whole grain crackers
Thurs	English muffins cream cheese/fruit preserve	Homemade lasagne, carrots, garlic bread, unsweetend applesauce, and milk	Veggie sticks, dip and whole grain crackers Babies: Cheerios and milk
Fri	Cinnamon toast and unsweetened applesauce	Scrambled Eggs, flat bread, broccoli, pears and milk (Babies: cooked veggies)	Oranges and organic whole grain crackers

Week Three Menu

	AM Snack	Lunch	PM Snack
Monday	Home made pancakes and blueberries	Chicken and broccoli casserole, flat bread, rice, unsweetened applesauce and milk	Homemade oatmeal and pumpkin cookies and milk
Tues	Homemade oatmeal and milk	Meatloaf, mashed potatoes, whole wheat bread, carrots, mandarins and milk	Seasonal fruit and organic whole grain crackers
Wed	English muffins with cream cheese/fruit preserve	Chili, cheddar cheese, rice, carrots, peaches and milk	Apples and cheddar
Thurs	Yoghurt and whole grain crackers	Hummus&Cucumber/Chicken/Cheddar/ Egg Sandwiches, raw veggies, pears and milk. (Babies: Cooked Veggies)	Bran muffins and milk
Fri	Cereal and milk	Sloppy joes, bread, cheese, corn, pears and milk	Biscuits and fruit preserve