

MENU

Week 1

Week 2

	Breakfast (served w/ milk)	Lunch (served w/ milk)	Snack		Breakfast (served w/ milk)	Lunch (served w/ milk)	Snack
<i>MON</i>	Wholegrain Cereal with milk $\frac{3}{4}$ cup $\frac{1}{2}$ Hardboiled egg $\frac{1}{2}$ Banana	Chicken + Vegetable Fried Rice ($\frac{1}{2}$ cup uncooked rice) Cucumber slices $\frac{1}{2}$ cup	Muffin Blue berries $\frac{1}{2}$ cup	<i>MON</i>	Granola $\frac{1}{2}$ cup $\frac{1}{2}$ Hardboiled egg $\frac{1}{2}$ Apple	Sweet & Sour Chicken $\frac{1}{3}$ c Rice $\frac{1}{2}$ cup Vegetable Spring Roll Steamed Vegetables $\frac{1}{2}$ c	Cookie Plain Yogurt $\frac{1}{2}$ cup
<i>TUE</i>	Wholegrain Bagel with cream cheese $\frac{1}{2}$ Fresh berries $\frac{1}{2}$ c (blue berry, strawberry, raspberry)	Grilled Chicken or Cheese sandwich (Wholegrain bread + lettuce + cheese slice with shredded chicken + mayo + spices) Steamed broccoli and cauliflower $\frac{1}{2}$ cup	Plain Yogurt $\frac{1}{2}$ cup Apple	<i>TUE</i>	French Toast Orange and Berries $\frac{1}{2}$ cup	Chicken stew $\frac{3}{4}$ cup Rice $\frac{1}{3}$ cup Celery & Cucumber $\frac{1}{3}$ cup	Banana bread Plain Yogurt $\frac{1}{2}$ cup
<i>WED</i>	Wholegrain cereal with milk $\frac{3}{4}$ cup $\frac{1}{2}$ Hardboiled egg Orange $\frac{1}{2}$ cup	Beef stew (Ground beef, mixed vegetables, potatoes) $\frac{3}{4}$ cup Butter bun Garden salad with Caesar Dressing $\frac{1}{2}$ cup	Crackers (10) Cheese (1.5 oz/ 50 g) Cucumber slices $\frac{1}{2}$ cup	<i>WED</i>	Wholegrain cereal with milk $\frac{3}{4}$ cup $\frac{1}{2}$ Hardboiled egg $\frac{1}{2}$ Banana	Fish fillet (approx. $\frac{1}{3}$ cup) Rice $\frac{1}{2}$ cup Steamed vegetables $\frac{1}{2}$ cup	Crackers (5) Veggies $\frac{1}{2}$ cup and Dip
<i>THU</i>	Scrambled Eggs $\frac{1}{2}$ cup Whole wheat bread Toast Buttered Avocado $\frac{1}{4}$ cup	Pasta (Penne or Spaghetti) with Veggie Primavera $\frac{3}{4}$ cup (fresh/frozen vegetables- squash, carrots, red pepper, and broccoli) Garlic Bread (1 slice)	Banana Bread Plain Yogurt	<i>THU</i>	Waffle with butter and maple syrup ($\frac{1}{3}$ cup dry mix) $\frac{1}{2}$ Hardboiled egg Sliced fruits (Banana, apple, pear, berries) $\frac{1}{4}$ cup	Cheddar and potato perogies $\frac{3}{4}$ cup Sour cream Buttered and Blanched broccoli $\frac{1}{2}$ cup	Yogurt $\frac{1}{2}$ cup Apple
<i>FRI</i>	Pancakes ($\frac{1}{3}$ cup dry mix- 2 pancakes) with Butter and maple syrup Sliced fruits (banana, apple, berries) $\frac{1}{2}$ cup	Macaroni and cheese $\frac{3}{4}$ cup Garden salad (lettuce, tomato, carrot, onion, cucumber) with Caesar dressing $\frac{1}{2}$ cup	Crackers (5) Veggies $\frac{1}{2}$ cup and Dip	<i>FRI</i>	Wholegrain with milk cereal $\frac{3}{4}$ cup $\frac{1}{2}$ Hardboiled egg Berries $\frac{1}{3}$ cup	Tuna salad/Egg sandwich (Whole grain bread) Broccoli and Carrots $\frac{1}{2}$ cup with Dip	Crackers (10) with Cheese cubes (1.5 oz/ 50 g) Cucumber slices $\frac{1}{2}$ cup

Week 3

	Breakfast (served w/ milk)	Lunch (served w/ milk)	Snack
<i>MON</i>	Cheerios with milk $\frac{3}{4}$ cup $\frac{1}{2}$ Hardboiled egg Banana	Tomato soup $\frac{3}{4}$ cup Grilled cheese sandwich $\frac{1}{2}$ Cucumber slices $\frac{1}{2}$ cup	Muffin Seasonal fruit $\frac{1}{2}$ cup (cantaloupe/ water melon, mango, etc.)
<i>TUE</i>	Oatmeal with milk $\frac{3}{4}$ cup Berries $\frac{1}{2}$ cup	Meat loaf (approx. $\frac{1}{3}$ cup) Mix Vegetable rice $\frac{1}{2}$ cup Cucumber and cherry tomatoes $\frac{1}{2}$ cup	Plain Yogurt $\frac{1}{2}$ cup Pear and Berries $\frac{1}{2}$ cup
<i>WED</i>	Multigrain Toast with Butter $\frac{1}{2}$ Hardboiled egg Banana	Vegetable beef stew $\frac{3}{4}$ cup Butter Bun Celery and Cucumber $\frac{1}{2}$ cup	Tostitos chips (10) with salsa Carrots $\frac{1}{2}$ cup
<i>THU</i>	Pancakes ($\frac{1}{3}$ cup dry mix- 2 pancakes) with Butter and maple syrup Sliced fruits (banana, apple, berries) $\frac{1}{2}$ cup	Hamburger (Whole wheat bun, hamburger patty, ketchup) Garden salad with Caesar dressing $\frac{1}{2}$ cup	Banana Bread Plain yogurt $\frac{1}{2}$ cup
<i>FRI</i>	Whole grain cereal $\frac{1}{2}$ Hardboiled egg Pineapple tit bits $\frac{1}{3}$ c	Mushroom soup $\frac{3}{4}$ cup Bologna sandwich $\frac{1}{2}$ (Whole grain bread, bologna, mayo) Celery sticks & dip $\frac{1}{3}$ cup	Ice cream $\frac{1}{3}$ cup Strawberries $\frac{1}{3}$ cup

Week 4

	Breakfast (served w/ milk)	Lunch (served w/ milk)	Snack
<i>MON</i>	Muffin Apple	Spaghetti with ground beef and tomato sauce $\frac{3}{4}$ cup Garden salad with dressing $\frac{1}{2}$ cup	Crackers (10) Plain Yogurt $\frac{1}{2}$ cup Pineapple tidbits $\frac{1}{4}$ cup
<i>TUE</i>	French Toast Berries $\frac{1}{2}$ cup	Roasted Chicken Breast (approx. $\frac{1}{3}$ cup) Cheese Sandwich $\frac{1}{2}$ (Whole wheat bread) Cucumber and cherry tomatoes $\frac{1}{2}$ cup	Banana Bread Orange $\frac{1}{2}$ cup
<i>WED</i>	Whole grain cereal $\frac{1}{2}$ Hardboiled egg Apple	Meat balls in tomato gravy, mashed potatoes, Steamed carrots and peas	Veggies and Dip
<i>THU</i>	Waffle with butter and maple syrup ($\frac{1}{3}$ cup dry mix) $\frac{1}{2}$ Hardboiled egg Sliced fruits $\frac{1}{4}$ cup (Banana, apple, pear, berries)	Cheese Pizza, Carrots and Celery sticks with dressing	Plain Yogurt $\frac{1}{2}$ cup Apple
<i>FRI</i>	Scrambled Eggs $\frac{1}{2}$ cup Whole wheat bread Toast Buttered Avocado $\frac{1}{4}$ cup	Butter Chicken $\frac{1}{3}$ cup Rice $\frac{1}{3}$ cup Nan Bread $\frac{1}{2}$ Cucumber $\frac{1}{4}$ cup	Crackers (10) Cheese slices (1.5 oz- 50 g) Carrots $\frac{1}{2}$ cup