

WEEK # 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK:</b>	Waffles with syrup and fruit	multigrain cereal with milk	Blueberry Muffins and fruits	Spinach and cheese egg bites with fruit on the side	Croissant and fruit
<b>LUNCH:</b>	Homemade macaroni and cheese (carrot, chickpea and cream cheese sauce) - carrot may be substitutes with pumpkin	Toaster pizza pocket made with whole wheat tortilla pepperoni, cheese and tomato sauce Vegetarian: no pepperoni vegetables on the side	Rice, chicken and peas - Vegetarian option: chickpeas	Whole wheat wowbutter and jam sandwiches with vegetables on the side	Chicken nugget, cheese and pickles Vegetarian: Quinoa salad with beans and vegetables
<b>AFTERNOON SNACK:</b>	Veggies chips and turkey sticks. Vegetarian option: No turkey substitute	Fruit, cheese and whole wheat crackers	Yogurt parfait	Smoothy - vegetable and fruit	Vegetables and ranch dip

**Please note: Our fresh fruit and veggies vary with the seasons. Water is offered all day and is easily accessible**

\*\* Food is subject to change depending on the children's needs and will be posted on HiMama\*\*

WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK:</b>	multigrain cereal with milk	Bagel with butter and fruit	Waffles with syrup and fruit	multigrain cereal with milk	Yogurt parfait with granola and fruit
<b>LUNCH:</b>	Turkey and cheese whole wheat sandwich with vegetables on the side	Chicken noodle soup with celery, onion, carrots with whole wheat crackers on the side. Vegetarian option: no chicken	Ground beef tacos with whole wheat tortilla, cheese, guacamole with vegetables on the side. Vegetarian option: Beans	Rice, fish and peas - Vegetarian option: Rice, lentil and peas	Egg bites with peppers and fruit on the side
<b>AFTERNOON SNACK:</b>	Apple sauce and Veggie straws	Smoothy - fruit and vegetables	Frozen yogurt bark with fruit	Fruit salad	Strawberry cream cheese quasadilla

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WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK:</b>	multigrain cereal with milk	Croissant and fruit	multigrain cereal with milk	Blueberry muffins and fruit	Yogurt parfait with granola and fruit
<b>LUNCH:</b>	Cauliflower and cheese rolls with fruit and vegetables on the side	Rice, chicken and vegetables	Chicken, cheese and and broccoli quasadillas with guacamole on the side. Vegetarian option: no chicken	Scrambled eggs, cheese, whole wheat bread with vegetables on the side	Beef stirfry with onion, carrots and broccoli. Vegetarian option: vegetable stirfry
<b>AFTERNOON SNACK:</b>	Turkey sticks, cucumbers and whole wheat crackers . Vegetarian: no turkey sticks	Frozen yogurt tubes and crackers	Vegetables and ranch	Smoothy - fruit and vegetables	Apple sauce and whole wheat crackers

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