

GRAND AVENUE CHILDREN'S CENTRE

MENU# 1

WEEKLY MENU # MEAL OR SNACK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK		Multigrain Cereal blueberries milk	Raisin Bagel Banana milk	Yogurt Granola Berries milk	WW toast Pear milk	Oatmeal muffin Kiwi milk
RAW	VEGGIE	carrot	cucumber	tomato	broccoli	peppers
LUNCH	MAIN & SIDES	Egg scramble Ham and cheese biscuit Crunchy carrot salad milk	Pizza (Chicken and peppers) Garden salad Pineapple milk	Tuna casserole WW noodles Green beans Strawberries milk	Meatloaf Mashed potatoes Peas/carrots Fruit salad milk	Turkey Chili With kidney beans Mexican rice Corn bread Oranges milk
PM SNACK		Zucchini muffin water	Cheese cubes Crackers water	Melon/ Oatmeal Raisin cookie water	Apple slice and pea butter water	Cheese cubes and melba toast water

NOTE: WATER SERVED AT ALL MEALS AND SNACKS

DAILY MENU FOOD GROUPS TOTALS

RECOMMENDED # OF SERVINGS
3-4 VEGETABLES & FRUIT
2-3 GRAIN PRODUCTS
1-2 MILK & ALTERNATIVES
¾-1 MEAT & ALTERNATIVES

