

LICENSED CHILD CARE

LUNCH & SNACK MENU – Winter 2025

WEEK 1

Day	AM SNACK	LUNCH	PM SNACK
Mon	WW/WG Cereal Dark green or Orange Fruit or veggies Milk	Beef & Chicken Meatball w/ Spaghetti Fresh Fruits Milk	WW Crackers & Cheese Dark green or Orange Fruit or veggies Milk
Tues	WW Breakfast Flat Dark green or Orange Fruit or veggies Milk	Basa Fish in light sauce Rice Fresh Fruits Milk	WW Pretzels Dark green or Orange Fruit or veggies Milk
Wed	WW Bagels W/ Cream Cheese Dark green or Orange Fruit or veggies Milk	Jerk Chicken Sandwich Coleslaw Fresh Fruits Milk	Granola Parfait Dark green or Orange Fruit or veggies Milk
Thurs	WW Bread W/ Wow Butter Dark green or Orange Fruit or veggies Milk	Honey Garlic Chicken Seasoned Potato Pasta Fresh Fruits Milk	WW Muffins Dark green or Orange Fruit or veggies Milk
Fri	WW Pancakes w/Maple Syrup Dark green or Orange Fruit or veggies Milk	Breaded Fish Potato wedges Rice Fresh Fruits Milk	WW Tortilla Chips Salsa and Cheese Dark green or Orange Fruit or veggies Milk

- All cookies and muffins are vegan, and a variety of flavors are provided;
- Drinking water and/or milk is always available
- Menu approved by registered dietician
- Menu adaptations and substitutions provided to address food sensitivities and age of the children.



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LUNCH & SNACK MENU – Winter 2025

WEEK 2

Day	AM SNACK	LUNCH	PM SNACK
Mon	WW/WG Cereal Dark green or Orange Fruit or veggies Milk	Baked Fish Roasted Vegetables Rice Fresh Fruits Milk	WW Snack Bars Dark green or Orange Fruit or veggies Milk
Tues	Oatmeal Dark green or Orange Fruit or veggies Milk	Beef Bolognese in Tomato Sauce Pasta Fresh Fruits Milk	WW Graham Cracker w/ Yogurt Dark green or Orange Fruit or veggies Milk
Wed	WW Bagels W/ Cream Cheese Dark green or Orange Fruit or veggies Milk	Roast Chicken Veggie Rice Fresh Fruits Milk	WW Cinnamon Raisin Pita Dark green or Orange Fruit or veggies Milk
Thurs	WW Bread W/ Wow butter Dark green or Orange Fruit or veggies Milk	Tofu Stir Fry Rice Fresh Fruits Milk	WG Honey Graham Cracker Dark green or Orange Fruit or veggies Milk
Fri	WW Waffles w/Maple Syrup Dark green or Orange Fruit or veggies Milk	Chicken Burger Fresh Fruits Milk	WW Cheddar Crackers Dark green or Orange Fruit or veggies Milk

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WEEK 3

Day	AM SNACK	LUNCH	PM SNACK
Mon	WW/WG Cereal Dark green or Orange Fruit or veggies Milk	Chickpea Curry w/ Mixed Vegetables Rice Fresh Fruits Milk	WW Crackers & Cheese Dark green or Orange Fruit or veggies Milk
Tues	WW Toast W/ Jam Dark green or Orange Fruit or veggies Milk	Stew Chicken w/ Potato & Carrots Rice Fresh Fruits Milk	Granola Parfait (Infant/Toddler: WW/WG cereal) Dark green or Orange Fruit or veggies Milk
Wed	Cheese Bagels Dark green or Orange Fruit or veggies Milk	Chicken Parmesan w/ Mixed Vegetables Pasta Fresh Fruits Milk	WW Pita W/ Hummus or Dip Dark green or Orange Fruit or veggies Milk
Thurs	WW Raisin Bread Dark green or Orange Fruit or veggies Milk	Chicken Stir Fry Rice Fresh Fruits Milk	WW Pretzels Dark green or Orange Fruit or veggies Milk
Fri	WW Pancakes W/ Maple Syrup Dark green or Orange Fruit or veggies Milk	Beef Burger Fresh Fruit Milk	WW Animal Crackers Dark green or Orange Fruit or veggies Milk

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WEEK 4

Day	AM SNACK	LUNCH	PM SNACK
Mon	WW/WG Cereal Dark green or Orange Fruit or veggies Milk	Beef & Chicken Meatball Rice Fresh Fruits Milk	WW Brown Rice Cakes W/ Wow butter Dark green or Orange Fruit or veggies Milk
Tues	WW English Muffins Cheese slice Dark green or Orange Fruit or veggies Milk	Chicken Chow Mein Spaghetti Fresh Fruits Milk	WW Veggie Samosa Dark green or Orange Fruit or veggies Milk
Wed	WW Bagel W/ Cream Cheese Dark green or Orange Fruit or veggies Milk	Chicken Chili Bun Fresh Fruits Milk	WW Mini Blueberry Pita Dark green or Orange Fruit or veggies Milk
Thurs	WW Bread W/ Jam Dark green or Orange Fruit or veggies Milk	Tandoori Fish Rice Roasted Cauliflower Fresh Fruits Milk	WW Pita Crackers Dark green or Orange Fruit or veggies Milk
Fri	WW Waffles W/ Maple Syrup Dark green or Orange Fruit or veggies Milk	BBQ Chicken Sandwich Cucumber slices Fresh Fruits Milk	WW Oatmeal Cookies Dark green or Orange Fruit or veggies Milk
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