

# LICENSED CHILD CARE

## LUNCH & SNACK MENU – FALL 2024

### WEEK 1

Day	AM SNACK	LUNCH	PM SNACK
Mon	WW/WG Cereal Dark green or Orange fruit or veggies Milk	Penne Arrabbiata W/Mixed Vegetables 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	Chicken Nuggets W/Pasta Carrots (Infants/toddlers: boiled carrots) Milk	Muffins Dark green or Orange fruit or veggies Milk
Wed	WW Bagels W/ Cream Cheese Dark green or Orange fruit or veggies Milk	Chicken Lasagna W/Peas Fresh Fruit 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	Beef Sloppy Joes W/ Mixed vegetables Buns Fresh Fruit Milk	Cheddar Puffs Dark green or Orange fruit or veggies Milk
Fri	WW Pancakes W/ Maple Syrup Dark green or Orange fruit or veggies Milk	BBQ Chicken Sandwich W/Coleslaw Tomato Soup Milk	WW Tortilla Chips W/ 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.



# LICENSED CHILD CARE

## LUNCH & SNACK MENU – FALL 2024

### WEEK 2

Day	AM SNACK	LUNCH	PM SNACK
Mon	WW/WG Cereal Dark green or Orange fruit or veggies Milk	Veggie Chow Mein Fresh Fruit Milk	WW Snack Bars Dark green or Orange fruit or veggies Milk
Tues	WW English Muffin Cheese Slice Dark green or Orange fruit or veggies Milk	Sweet Chili Chicken W/ Rice Fresh Fruit Milk	WW Breadsticks W/ Yogurt Tubes Dark green or Orange fruit or veggies Milk
Wed	WW Bagels W/ Cream Cheese Dark green or Orange fruit or veggies Milk	Beef Taco WW Tortilla Mixed Peppers (Infants/Toddler: boiled peas) Fresh Fruit Milk	Pizza on English muffin Dark green or Orange fruit or veggies Milk
Thurs	WW Bread W/ Wow butter Dark green or Orange fruit or veggies Milk	Jerk Chicken W/ Rice Fresh Fruit Milk	WG Bear Paws Dark green or Orange fruit or veggies Milk
Fri	WW Waffles W/ Maple Syrup Dark green or Orange fruit or veggies Milk	Fish and Chips Fresh Fruit 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 and Vegetable Curry w/ Potatoes and Cauliflower Brown Rice Fresh Fruit 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	Fish in Rosé Sauce w/ Mushroom and Broccoli Pasta Fresh Fruit 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	Beef and Black Bean Stew w/ Potato and Carrot Brown Rice Fresh Fruit 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	Turkey Meat Sauce w/ Crushed Spinach WW Spaghetti Fresh Fruit 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	Jerk Chicken Sandwich Roasted Sweet Potatoes 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	Vegetarian Pasta w/ Creamy Bean Sauce Green Beans Fresh Fruit 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 Stew w/ Potatoes and Carrots Brown Rice Fresh Fruit 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	4 Herb Chicken w/ Pasta in Tomato Sauce Fresh Fruit 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	Baked Breaded Fish Brown Rice and Roasted Carrots Fresh Fruit Milk	WW Banana Oat bar Dark green or Orange fruit or veggies Milk
Fri	WW Waffles W/ Maple Syrup Dark green or Orange fruit or veggies Milk	Beef Burger w/ Lettuce and Cucumber Bun Fresh Fruit Milk	WW Oatmeal Cookies Dark green or Orange fruit or veggies Milk
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