

# WEEK ONE MENU

V=vegetable - F=fruit - M=meat/alt - G=grain - D=dairy

	Mon	Tues	Wed	Thurs	Fri
<b>Morning Snack</b>					
<b>Snack description</b> (at least 2 food groups one of which is veg or fruit)	<b>cinn/toast orange slices</b>	<b>cheese cubes cucumber slices</b>	<b>apple sauce granola</b>	<b>yogurt blueberries</b>	<b>½ english muffin melon slices</b>
<b>LUNCH</b>					
<b>Lunch description</b> (all four food groups are included)	<b>old fashion mac &amp; cheese kidney bean salad oranges milk</b>	<b>black bean soup ww bread cabbage/dip bananas milk</b>	<b>chicken stew coleslaw ww bread melon milk</b>	<b>chilli con carne brown rice carrot slaw apple sauce milk</b>	<b>fish chowder veg/dip ww bread fruit salad milk</b>
<b>Vegetables &amp; Fruit</b>	green pepper carrots oranges tomatoes	potatoes, celery carrots onions, bananas cabbage tomatoes	onions carrots potatoes melon	tomatoes carrots, onions apples	assort raw veg, carrot celery potatoes onions
<b>Grain Products</b>	pasta	ww bread	ww bread	brown rice	ww bread
<b>Milk &amp; Alternatives</b>	milk to drink Cheese	yogurt milk to drink	milk to drink	milk to drink	milk to drink
<b>Meat &amp; Alternatives</b>	kidney beans	beans, lentils	chicken	kidney beans beef	haddock
<b>Other*</b>					
<b>Afternoon Snack</b>					
<b>Snack description</b> (at least 2 food groups one of which is veg or fruit)	<b>yogurt peaches</b>	<b>nut butter on apple slices</b>	<b>veg/dip</b>	<b>ww cereal orange slices</b>	<b>bake ( small group) fruit salad</b>

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.

Signature: *Sandie Jollimore*

Date: Jan 25 2016

# WEEK TWO MENU

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	Mon	Tues	Wed	Thurs	Fri
<b>Morning Snack</b>					
<b>Snack description</b> (at least 2 food groups one of which is veg or fruit)					
	<b>cinn/toast orange slices</b>	<b>Yogurt Pears</b>	<b>banana slices with nut butter</b>	<b>½ english muffin Kiwi</b>	<b>ww toast melon</b>
<b>LUNCH</b>					
<b>Lunch description</b> (all four food groups are included)	<b>chicken sheppard pie ww bread coleslaw oranges milk</b>	<b>corn&amp;lentil chowder corn bread veg/hummus bananas milk</b>	<b>tuna pilaf yellow&amp; carrot salad blueberry cake milk</b>	<b>veg/goulash kidney bean salad yogurt/peaches milk</b>	<b>chicken/rice soup ww bread veg/dip fruit salad milk</b>
<b>Vegetables &amp; Fruit</b>	cabbage peas carrots potatoes onions corn celery, onions oranges	corn, potato, onion, assort raw veg, banana	onions peppers carrots tomato	carrots ,peaches green pepper tomatoes	carrots/celery onions assort fruit assort raw veg
<b>Grain Products</b>	ww bread	cornbread	brown rice blueberry cake	pasta	ww bread brown rice
<b>Milk&amp; Alternatives</b>	milk to drink	milk to drink	milk to drink	yogurt milk to drink cheese	yogurt milk to drink
<b>Meat &amp; Alternatives</b>	chicken	chick peas lentils	tuna	kidney beans	chicken
<b>Other*</b>					
<b>Afternoon Snack</b>					
<b>Snack description</b> (at least 2 food groups one of which is veg or fruit)					
	<b>celery sticks  Crackers</b>	<b>egg sandwiches carrot sticks</b>	<b>cucumber slices Crackers</b>	<b>veg /dip</b>	<b>baked potato fries  fruit salad</b>

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## WEEK THREE MENU

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	Mon	Tues	Wed	Thurs	Fri
<b>Morning Snack</b>					
<b>Snack description</b> (at least 2 food groups one of which is veg or fruit)	nut butter ww toast orange slices	apple sauce granola	cucumber slices crackers	yogurt peaches	cheese cubes mangos
<b>LUNCH</b>					
<b>Lunch description</b> (all four food groups are included)	spaghetti meat sauce carrot/ turnip slaw oranges milk	fish chowder ww bread veg/dip bananas milk	chicken burgers cold pea salad peaches /yogurt milk	meat loaf potato dilled carrot ww bread melon milk	veg/lentil/ soup veg/dip ww biscuits fruit salad milk
<b>Vegetables &amp; Fruit</b>	onions tomatoes oranges carrot turnip	potatoes, onions celery carrots banana	onions ,celery mushrooms carrot peas	carrots onions melon celery potatoes	green beans carrots, onions assort raw veg. assort fruit
<b>Grain Products</b>	pasta	ww bread	ww bread	ww bread	ww bread
<b>Milk&amp; Alternatives</b>	yogurt milk to drink	milk to drink yogurt	milk to drink yogurt	yogurt milk to drink	yogurt milk to drink
<b>Meat &amp; Alternatives</b>	beef	haddock	chicken	beef	lentils
<b>Other*</b>					
<b>Afternoon Snack</b>					
<b>Snack description</b> (at least 2 food groups one of which is veg or fruit)	veg/dip	ww cereal banana slices	yogurt raspberries	apple slices crackers	english muffin pizzas

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# WEEK FOUR MENU

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	Mon	Tues	Wed	Thurs	Fri
<b>Morning Snack</b>					
<b>Snack description</b> (at least 2 food groups one of which is veg or fruit)	<b>ww toast orange slices</b>	<b>banana slices with nut butter</b>	<b>yogurt mandarin oranges</b>	<b>apple sauce granola</b>	<b>½ English muffin melon slices</b>
<b>LUNCH</b>					
<b>Lunch description</b> (all four food groups are included)	<b>old fashioned mac and cheese kidney bean salad oranges milk</b>	<b>tomato soup ww biscuits cheese veg/hummus banana milk</b>	<b>haddock stew mixed diced salad ww bread carrot cake milk</b>	<b>sloppy joes green/yellow beans ww bread melon milk</b>	<b>chicken/veg soup veg/dip ww bread fruit salad milk</b>
<b>Vegetables &amp; Fruit</b>	tomatoes onions, peppers oranges	tomatoes broccoli peppers, carrots banana	onions, celery zucchini tomatoes cucumber carrots	green peppers tomato melon onions garlic beans	onions celery carrots assort fruit assort raw veg
<b>Grain Products</b>	pasta	ww biscuits	cake ww bread	ww bread	ww bread
<b>Milk &amp; Alternatives</b>	cheese, yogurt milk to drink	milk to drink cheese	milk to drink	milk to drink	milk to drink yogurt
<b>Meat &amp; Alternatives</b>	kidney beans	chick peas	haddock	beef	chicken
<b>Other*</b>					
<b>Afternoon Snack</b>					
<b>Snack description</b> (at least 2 food groups one of which is veg or fruit)	<b>celery sticks crackers</b>	<b>tuna sandwiches carrot sticks</b>	<b>ginger cookie melon</b>	<b>veg/dip</b>	<b>fruit salad crackers</b>

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