

CARDINAL LEGER CHILD CARE CENTRE

3FG - Healthy Choices Spring/Summer Menu 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<p>AM Snack</p> <p>Entrée Tomato and Beef Macaroni and Cheese, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit</p> <p>PM Snack Pita Crackers, Hummus, Grape Tomatoes</p>	<p>AM Snack</p> <p>Entrée Japanese Chicken, Egg and Rice "Bowl", Diced Carrots, Fresh Fruit</p> <p>PM Snack Cheddar Cheese Cubes, Whole Wheat Crackers, Cucumbers</p>	<p>AM Snack</p> <p>Entrée Whole Grain Spaghetti Bolognese (Beef/Tomato Sauce), Peas and Corn, Fresh Fruit</p> <p>PM Snack Whole Wheat Focaccia Bread, Bruschetta, Garbanzo Beans</p>	<p>AM Snack</p> <p>Entrée Quinoa and Chickpea Soup, Artisan Roll, Garden Salad, Balsamic Dressing, Fresh Fruit</p> <p>PM Snack Organic Whole Grain Ginger Snaps, Vanilla Yogurt, Fresh Fruit</p>	<p>AM Snack</p> <p>Entrée Turkey Meatballs, Whole Grain Bun, Green Beans, Fresh Fruit</p> <p>PM Snack Banana Roll-Up, (Soy Butter, Banana, Whole Wheat Wrap)</p>
WEEK 2	<p>AM Snack</p> <p>Entrée Bean Burrito with Whole Wheat Wrap and Cheddar Cheese, Sunshine Vegetables (Carrots, Green Beans), Fresh Fruit</p> <p>PM Snack Cheddar Cheese Cubes, Whole Grain 9 Vegetable Crackers, Baby Carrots</p>	<p>AM Snack</p> <p>Entrée Turkey Burger, Whole Grain Bun, Cheddar Cheese, Green Beans</p> <p>PM Snack Soy Butter Whole Wheat Sandwich, Cucumber</p>	<p>AM Snack</p> <p>Entrée Turkey Pot Pie, Mixed Vegetables (Green Beans, Zucchini, Cauliflower, Carrots), Fresh Fruit</p> <p>PM Snack Pizza Bites, Grape Tomatoes, Pizza Hummus</p>	<p>AM Snack</p> <p>Entrée Beef Goulash, Root Vegetables (Carrots and Potato), Whole Grain Pasta, Fresh Fruit</p> <p>PM Snack Whole Wheat Lemon Cranberry Loaf, Cheddar Cheese Cubes, Fresh Fruit</p>	<p>AM Snack</p> <p>Entrée Beef Stuffed Ravioli in FFT's Tomato Sauce, Broccoli, Fresh Fruit</p> <p>PM Snack Trail Mix (Whole Grain Cereals, Coconut Bites, Granola), Vanilla Yogurt, Fresh Fruit</p>
WEEK 3	<p>AM Snack</p> <p>Entrée Classic Macaroni and Cheese, Tri-Colour Chickpea Salad, Green Beans, Fresh Fruit</p> <p>PM Snack Pineapple Banana Oatmeal Bar, Vanilla Yogurt, Fresh Fruit</p>	<p>AM Snack</p> <p>Entrée Breaded Chicken Pieces (All White Meat), Brown Rice, Cauliflower and Carrots, Fresh Fruit</p> <p>PM Snack Wafer Biscuits, Cheddar Cheese Cubes, Fresh Fruit</p>	<p>AM Snack</p> <p>Entrée Turkey Sloppy Joe, Whole Grain Bun, Garden Salad, Raspberry Vinaigrette, Fresh Fruit</p> <p>PM Snack Whole Wheat Mini Pita, Hummus, Baby Carrots</p>	<p>AM Snack</p> <p>Entrée Moroccan Spiced Chicken Drumstick, Brown Rice, Diced Carrots</p> <p>PM Snack Gluten Free Corn Crackers, Guacamole, Garbanzo Beans</p>	<p>AM Snack</p> <p>Entrée Egg Wrap (Scrambled Eggs, Cheddar Cheese, Lettuce, Whole Grain Wrap), Peas, Fresh Fruit</p> <p>PM Snack Organic Whole Grain Ginger Snaps, Vanilla Yogurt, Fresh Fruit</p>
WEEK 4	<p>AM Snack</p> <p>Entrée Organic Tofu Pad Thai, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit</p> <p>PM Snack Multigrain Cheerios Cereal with Milk, Fresh Fruit</p>	<p>AM Snack</p> <p>Entrée Sweet and Sour Beef Meatballs, Whole Grain Bun, Broccoli, Fresh Fruit</p> <p>PM Snack Whole Wheat Apple Beet Loaf, Cheddar Cheese Cubes, Fresh Fruit</p>	<p>AM Snack</p> <p>Entrée Turkey Lasagna, Garden Salad, Italian Dressing, Fresh Fruit</p> <p>PM Snack Whole Wheat Pita, Hardboiled Egg (Serve Cold), Cucumber</p>	<p>AM Snack</p> <p>Entrée Beef Chili, French Baguette, Green Beans, Fresh Fruit</p> <p>PM Snack Organic Whole Grain Lemon Snaps, Rice Pudding, Fresh Fruit</p>	<p>AM Snack</p> <p>Entrée Breaded Wild Alaskan Pollock Sticks, Ancient Grains, Peas and Corn, Fresh Fruit</p> <p>PM Snack Trail Mix (Whole Grain Cereals, Coconut Bites, Granola), Vanilla Yogurt, Fresh Fruit</p>

- Menu is approved by a Registered Dietitian.
- Please see the allergy guide for the substitution meals for Vegetarian, Vegan and Halal and other dietary replacements. Daily Packing Slip will indicate specific replacements by child name.
- Please note that Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free at all times. All Lunches are Trans Fat Free (except for those that are naturally occurring).
- Fresh Fruits will vary daily depending on seasonal availability. They may include: apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, and peaches.

Water and/or Milk are available throughout the day

Menu In Effect: April 16, 2018

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Healthy Choices - Infant/Toddler Spring/Summer Menu 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<p>AM Snack</p> <p>Entrée Tomato and Beef Macaroni and Cheese, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit</p> <p>PM Snack Pita Crackers, Hummus, Grape Tomatoes</p>	<p>AM Snack</p> <p>Entrée Japanese Chicken, Egg and Rice "Bowl", Diced Carrots, Fresh Fruit</p> <p>PM Snack Cheddar Cheese Cubes, Whole Wheat Crackers, Peeled Cucumbers</p>	<p>AM Snack</p> <p>Entrée Whole Grain Spaghetti Bolognese (Beef/Tomato Sauce), Peas and Corn, Fresh Fruit</p> <p>PM Snack Whole Wheat Focaccia Bread, Bruschetta, Garbanzo Beans</p>	<p>AM Snack</p> <p>Entrée Quinoa and Chickpea Soup, Artisan Roll, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit</p> <p>PM Snack Organic Whole Grain Ginger Snaps, Vanilla Yogurt, Fresh Fruit</p>	<p>AM Snack</p> <p>Entrée Turkey Meatballs, Whole Grain Bun, Green Beans, Fresh Fruit</p> <p>PM Snack Banana Roll-Up, (Soy Butter, Banana, Whole Wheat Wrap)</p>
WEEK 2	<p>AM Snack</p> <p>Entrée Bean Burrito with Whole Wheat Wrap and Cheddar Cheese, Sunshine Vegetables (Carrots, Green Beans), Fresh Fruit</p> <p>PM Snack Cheddar Cheese Cubes, Whole Grain 9 Vegetable Crackers, Blanched Baby Carrots</p>	<p>AM Snack</p> <p>Entrée Turkey Burger, Whole Grain Bun, Cheddar Cheese, Green Beans</p> <p>PM Snack Soy Butter Whole Wheat Sandwich, Peeled Cucumber</p>	<p>AM Snack</p> <p>Entrée Turkey Pot Pie, Mixed Vegetables (Green Beans, Zucchini, Cauliflower, Carrots), Fresh Fruit</p> <p>PM Snack Pizza Bites, Grape Tomatoes, Pizza Hummus</p>	<p>AM Snack</p> <p>Entrée Beef Goulash, Root Vegetables (Carrots and Potato), Whole Grain Pasta, Fresh Fruit</p> <p>PM Snack Whole Wheat Lemon Cranberry Loaf, Cheddar Cheese Cubes, Fresh Fruit</p>	<p>AM Snack</p> <p>Entrée Beef Stuffed Ravioli in FFT's Tomato Sauce, Broccoli, Fresh Fruit</p> <p>PM Snack Toddler Trail Mix (Whole Grain Cereals, Coconut Bites), Vanilla Yogurt, Fresh Fruit</p>
WEEK 3	<p>AM Snack</p> <p>Entrée Classic Macaroni and Cheese, Tri-Colour Chickpea Salad, Green Beans, Fresh Fruit</p> <p>PM Snack Pineapple Banana Oatmeal Bar, Vanilla Yogurt, Fresh Fruit</p>	<p>AM Snack</p> <p>Entrée Breaded Chicken Pieces (All White Meat), Brown Rice, Cauliflower and Carrots, Fresh Fruit</p> <p>PM Snack Wafer Biscuits, Cheddar Cheese Cubes, Fresh Fruit</p>	<p>AM Snack</p> <p>Entrée Turkey Sloppy Joe, Whole Grain Bun, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit</p> <p>PM Snack Whole Wheat Mini Pita, Hummus, Blanched Baby Carrots</p>	<p>AM Snack</p> <p>Entrée Diced Moroccan Spiced Chicken, Brown Rice, Diced Carrots</p> <p>PM Snack Whole Wheat Mini Pita, Guacamole, Garbanzo Beans</p>	<p>AM Snack</p> <p>Entrée Egg Wrap (Scrambled Eggs, Cheddar Cheese, Lettuce, Whole Grain Wrap), Peas, Fresh Fruit</p> <p>PM Snack Organic Whole Grain Ginger Snaps, Vanilla Yogurt, Fresh Fruit</p>
WEEK 4	<p>AM Snack</p> <p>Entrée Organic Tofu Pad Thai, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit</p> <p>PM Snack Multigrain Cheerios Cereal with Milk, Fresh Fruit</p>	<p>AM Snack</p> <p>Entrée Sweet and Sour Beef Meatballs, Whole Grain Bun, Broccoli, Fresh Fruit</p> <p>PM Snack Whole Wheat Apple Beet Loaf, Cheddar Cheese Cubes, Fresh Fruit</p>	<p>AM Snack</p> <p>Entrée Turkey Lasagna, Peas, Fresh Fruit</p> <p>PM Snack Whole Wheat Pita, Hardboiled Egg (Serve Cold), Peeled Cucumber</p>	<p>AM Snack</p> <p>Entrée Beef Chili, French Baguette, Green Beans, Fresh Fruit</p> <p>PM Snack Social Tea Biscuits, Rice Pudding, Fresh Fruit</p>	<p>AM Snack</p> <p>Entrée Breaded Wild Alaskan Pollock Sticks, Ancient Grains, Peas and Corn, Fresh Fruit</p> <p>PM Snack Toddler Trail Mix (Whole Grain Cereals, Coconut Bites), Vanilla Yogurt, Fresh Fruit</p>

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