

CARDINAL LEGER CHILD CARE CENTRE

3FG - Healthy Choices Fall/Winter Menu 2018 - 2019

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|--|--|--|--|--|
| WEEK 1 | <p>AM Snack Entrée Classic Shepherd's Pie (Beef, Peas, Carrots, Mashed Potato), Whole Wheat Bread, Fresh Fruit PM Snack Organic Whole Grain Ginger Snaps, Vanilla Yogurt, Fresh Fruit</p> | <p>AM Snack Entrée Hawai'ian Style Turkey Meatballs, Whole Grain Pasta, Baby Carrots, Fresh Fruit PM Snack Sweet Potato Crackers, Cheddar Cheese Curds, Cucumber</p> | <p>AM Snack Entrée Cheese and Tomato Quiche (Egg), Whole Wheat Bread, Green Beans, Fresh Fruit PM Snack Whole Wheat Mini Bagel, Nutfree Butter, Grape Tomatoes</p> | <p>AM Snack Entrée Butternut Squash and Lentil Stew, Naan Bread, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Cheddar Cheese Sandwich, Baby Carrots</p> | <p>AM Snack Entrée Ginger Chicken with Vegetables (Broccoli, Green Beans, Carrots, Onions, Peppers, Mushrooms), Whole Grain Noodles, Fresh Fruit PM Snack Whole Wheat Blueberry Bran Loaf, Hard Boiled Egg, Fresh Fruit</p> |
| WEEK 2 | <p>AM Snack Entrée White Fish Bolognese, Whole Grain Pasta, Vegetable Medley (Cauliflower, Broccoli, Carrots), Fresh Fruit PM Snack Whole Grain Banana Oatmeal Cookie, Peach Yogurt, Fresh Fruit</p> | <p>AM Snack Entrée Mild Curried Beef and Vegetables (Potato, Carrots, Peas, Celery, Onion), Brown Rice, Fresh Fruit PM Snack Whole Wheat Pita, Hardboiled Egg, Cucumber</p> | <p>AM Snack Entrée Salisbury Steak, Mashed Potato, Whole Wheat Bread, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit PM Snack Whole Wheat Lemon Cranberry Loaf, Cheese Curds, Fresh Fruit</p> | <p>AM Snack Entrée Breaded Chicken Pieces (All White Meat), Brown Rice, Plum Sauce, Green Beans, Fresh Fruit PM Snack Whole Wheat Crackers, Pizza Hummus, Grape Tomatoes</p> | <p>AM Snack Entrée Beef Tourtiere Pie, Gravy, French Baguette, Peas and Corn, Fresh Fruit PM Snack Banana Roll-Up, (Nutfree Butter, Banana, Whole Wheat Wrap)</p> |
| WEEK 3 | <p>AM Snack Entrée Teriyaki Chicken Drumstick, Brown Rice, Sunshine Mixed Vegetables (Carrots, Green Beans), Fresh Fruit PM Snack Banana Oatmeal Bar, Vanilla Yogurt, Fresh Fruit</p> | <p>AM Snack Entrée Classic Macaroni and Cheese, Bean, Quinoa and Corn Salad, Green Peas, Fresh Fruit PM Snack Pita Crackers, Cheese Curds, Fresh Fruit</p> | <p>AM Snack Entrée Chicken Cacciatore, Whole Grain Pasta, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Carrot Zucchini Loaf, Hummus, Cucumber</p> | <p>AM Snack Entrée Cheddar Cheese Omelet, Whole Wheat Bread, Garden Salad, Raspberry Vinaigrette, Fresh Fruit PM Snack Whole Wheat Nutfree Butter Sandwich, Grape Tomatoes</p> | <p>AM Snack Entrée Beef and Vegetable (Carrots, Potato, Turnip) Stew, French Baguette, Fresh Fruit PM Snack Whole Grain Cereal Trail Mix, Vanilla Yogurt, Fresh Fruit</p> |
| WEEK 4 | <p>AM Snack Entrée Turkey Pot Pie, Whole Wheat Bread, Italian Mixed Vegetables (Peppers, Zucchini, Carrots, Beans), Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Garbanzo Beans, Fresh Fruit</p> | <p>AM Snack Entrée Beef Meatballs, Whole Wheat Bun, Carrot Wheels, Fresh Fruit PM Snack Whole Grain Pumpkin Granola Round, Peach Yogurt, Fresh Fruit</p> | <p>AM Snack Entrée Turkey Lasagna, Green Peas, Fresh Fruit PM Snack Whole Wheat Vegetable Crackers, Hummus, Grape Tomatoes</p> | <p>AM Snack Entrée Hot Chicken Sandwich (Shredded Chicken, Gravy, Whole Wheat Bread), Broccoli, Fresh Fruit PM Snack Gluten Free Whole Grain Corn Crackers, Guacamole, Cheese Curds</p> | <p>AM Snack Entrée Whole Grain Spaghetti Bolognese (Beef and Tomato Sauce), Peas and Corn, Fresh Fruit PM Snack Organic Whole Grain Lemon Snaps, Rice Pudding, 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.

Milk and/or Water are served with lunch and snacks

Menu In Effect: October 29, 2018



Serving nutritious and delicious food kids love



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Healthy Choices - Infant/Toddler Fall/Winter Menu 2018 - 2019

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|--------|--|---|--|---|--|
| WEEK 1 | <p>AM Snack Entrée Classic Shepherd's Pie (Beef, Peas, Carrots, Mashed Potato), Whole Wheat Bread, Fresh Fruit PM Snack Social Tea Biscuits, Vanilla Yogurt, Fresh Fruit</p> | <p>AM Snack Entrée Hawai'ian Style Turkey Meatballs, Whole Grain Pasta, Blanched Baby Carrots, Fresh Fruit PM Snack Sweet Potato Crackers, Cheddar Cheese Curds, Peeled Cucumber</p> | <p>AM Snack Entrée Cheese and Tomato Quiche (Egg), Whole Wheat Bread, Green Beans, Fresh Fruit PM Snack Whole Wheat Mini Bagel, Nutfree Butter, Grape Tomatoes</p> | <p>AM Snack Entrée Butternut Squash and Lentil Stew, Naan Bread, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Cheddar Cheese Sandwich, Blanched Baby Carrots</p> | <p>AM Snack Entrée Ginger Chicken with Vegetables (Broccoli, Green Beans, Carrots, Onions, Peppers, Mushrooms), Whole Grain Noodles, Fresh Fruit PM Snack Whole Wheat Blueberry Bran Loaf, Hard Boiled Egg, Fresh Fruit</p> |
| WEEK 2 | <p>AM Snack Entrée White Fish Bolognese, Whole Grain Pasta, Vegetable Medley (Cauliflower, Broccoli, Carrots), Fresh Fruit PM Snack Whole Grain Banana Oatmeal Cookie, Peach Yogurt, Fresh Fruit</p> | <p>AM Snack Entrée Mild Curried Beef and Vegetables (Potato, Carrots, Peas, Celery, Onion), Brown Rice, Fresh Fruit PM Snack Whole Wheat Pita, Hardboiled Egg, Peeled Cucumber</p> | <p>AM Snack Entrée Salisbury Steak, Mashed Potato, Whole Wheat Bread, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit PM Snack Whole Wheat Lemon Cranberry Loaf, Cheese Curds, Fresh Fruit</p> | <p>AM Snack Entrée Breaded Chicken Pieces (All White Meat), Brown Rice, Plum Sauce, Green Beans, Fresh Fruit PM Snack Whole Wheat Crackers, Pizza Hummus, Grape Tomatoes</p> | <p>AM Snack Entrée Beef Tourtiere Pie, Gravy, French Baguette, Peas and Corn, Fresh Fruit PM Snack Banana Roll-Up, (Nutfree Butter, Banana, Whole Wheat Wrap)</p> |
| WEEK 3 | <p>AM Snack Entrée Diced Teriyaki Chicken, Brown Rice, Sunshine Mixed Vegetables (Carrots, Green Beans), Fresh Fruit PM Snack Banana Oatmeal Bar, Vanilla Yogurt, Fresh Fruit</p> | <p>AM Snack Entrée Classic Macaroni and Cheese, Bean, Quinoa and Corn Salad, Green Peas, Fresh Fruit PM Snack Pita Crackers, Cheese Curds, Fresh Fruit</p> | <p>AM Snack Entrée Chicken Cacciatore, Whole Grain Pasta, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Carrot Zucchini Loaf, Hummus, Peeled Cucumber</p> | <p>AM Snack Entrée Cheddar Cheese Omelet, Whole Wheat Bread, Green Beans, Fresh Fruit PM Snack Whole Wheat Nutfree Butter Sandwich, Grape Tomatoes</p> | <p>AM Snack Entrée Beef and Vegetable (Carrots, Potato, Turnip) Stew, French Baguette, Fresh Fruit PM Snack Whole Grain Cereal Trail Mix, Vanilla Yogurt, Fresh Fruit</p> |
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