



Weekly Meal Schedule

March 19 – 23



	BREAKFAST	LUNCH	Main Snack	School kids
MONDAY	IOGO Yogurt, and vanilla breakfast bars with milk	Maggie's style vegetable soup (corn, carrots, chayote, dumplings, chicken feet)	Mandarin in Jello, mini Breton crackers and cheese. Milk/ water	Their choice healthy cereal bar, peach fruit cup and milk or homemade mozzarella stick
TUESDAY	Egg cup-cakes Egg-white baked in muffin tin, topping make with baked egg yoke mashed with honey mustard & light mayo	Pineapple fried rice with Coconut milk. + mix veggies.	Apple sauce, Homemade Rice Krispies bar (filled with dry cranberry, and almond), milk	Yummy wheels 😊 round cut banana Nutella/peanut butter wrap
WEDNESDAY	Baked sausage cheddar rolls and Boiled eggs, orange juice	Daizy's Penne Pasta in Cream tomato Alfredo Pasta with broccoli	Apple chips (slices of apples baked with cinnamon and a little sugar + Ritz/cheese/Strawberry snack	Chicken nuggets with plum dip, an apple or banana + milk
THURSDAY	A bowl of cereal.... Topped with fresh fruits	Cucumber sandwiches, (medium cut cucumbers filled with ham, cheese, bacon) + mini jam sandwich	cantaloupe popsicle (dipped in yogurt and freeze) + cereal bar	A bowl of pop-corn cereal or mini sandwich fruit kebob.
FRIDAY	TBD (inventory) Serve what may not remain fresh if left until Monday. Fun, free, Friday	Make our own Pizza day... extra fun food day!!	Mixer-uper... using up all our extra snack to start fresh for the week.	Pizza pops
Notes/more	Rotate meals when need in order to ensure a balance diet/food group	When a meal is served that against a family's belief an alternative will be provided.	Water and milk is served frequently and may not all be listed on the daily sheet 2 nd – is served at 5:30	Encourage children to eat veggies and drink water.

All meals are prepared fresh daily expect on Pizza Days or unless mentioned otherwise.

Between the daycare and your home, the child(ren) should be receiving the daily recommended intake from the four food groups (Vegetable and fruits, grains milk and alternatives, meat and alternative) as per the Canadian Food Guide. Please refer to your daily sheet.