

Grand Avenue Children's Centre

Menu # 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Multigrain Cereal, Strawberries, Milk	Applesauce, Melba toast, Milk	Oatmeal, Banana, Milk	Fruity Tutti Muffins, Milk	
Raw Veg with lunch	Tomatoes	Carrots	Peppers	Cucumbers	
Lunch	Chicken Taquitos, Corn Salad, Strawberries Milk	Egg Scramble, Ham chunks, WW Toast, Apple salad, Milk	Turkey meatloaf, Caesar Salad Green Beans Oranges, Milk	Mac and Squeeze, WW Pasta, Broccoli Pineapple, Milk	
Pm Snack	Cinnamon Apples, Cracker, Water	Zucchini Muffins, Water	Hummus, Veggies, Water	Pea Butter Melba Toast, Water	

Note: Water Served at all meals and snacks

Daily Menu Food Groups Totals

Recommended # of Servings
3-4 Vegetables & Fruits
2-3 Grain Products
1-2 Milk & Alternatives
¾-1 Meat & Alternatives