

Grand Avenue Children's Centre

Menu # 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Multigrain Cereal, Mixed berries, milk	Oatmeal, Apple Slices, Milk	Pancake Banana Milk	Bagel wedges cream cheese, Kiwi, Milk	Applesauce, Melba toast Milk
Raw Veg with lunch	cucumbers	Tomatoes	Carrot	peppers	broccoli
Lunch	Mini Spinach Quiche Coleslaw Oranges Milk	Turkey Chili Mexican Rice Ww bun Mixed berries Milk	Tuna melt on English muffin Roasted Root Veggies Strawberries Milk	Chicken and Cheese Quesadillas Garden Salad Pineapple Milk	Veggie stew (Potatoes, Green Beans, Carrots, Celery) Biscuit Fruit salad Milk
Pm Snack	Pea butter on bagel wedges, Water	zucchini spears, cheese Cubes, Water	Veggies and dip, crackers, Water	Cinnamon crunch snack mix, Water	carrot muffin, 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
¼-1 Meat & Alternatives