






Spring/Summer healthy**balance** Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack 	Chex Cereal & Milk	WW Rice Cake and Apricot Jam	Homebaked Oatmeal Cookie	MG Cheerios & Milk	Signature Banana Oatmeal Bar
Entrée 	Baked Penne with Three Cheeses Bean & Peas Fresh Seasonal Fruit	Lean Beef Burger on a WW Bun Fresh Broccoli Fresh Seasonal Fruit	Balsamic Chicken Mixed Leaf Salad and Berry Dressing Fresh French Bread Fresh Seasonal Fruit	Tomato Bean Soup Cheddar Cheese on WW Bread Fresh Cucumber Fresh Seasonal Fruit	Baked Herb Fish Brown Rice Garden Salad and Italian Dressing Fresh Seasonal Fruit
PM Snack 	Arrowroot Cookie with Vegetables	WW English Muffin and Cream Cheese	Fresh Vegetables and Butter Bean Dip	Banana Pudding and Social Tea Biscuit	Tortilla Chips and Peach Salsa

Available for Purchase



Milk



Juice



Food for Tots menus include diverse nutrients young children need.



Whole Grain



Homemade



Trans-fat free



Local



Children's Favourite






Multicultural



85 Spy Court, Suite 300 Markham, ON L3R 4Z4 Tel: 905.752.8115 | Fax: 905.752.8116



Spring/Summer healthy**balance** Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack 	Rice Krispies Cereal & Milk	Signature Banana Oatmeal Bar	Orange Cranberry Muffin	Shreddies Cereal & Milk	WW Pancake with Blueberry Applesauce Dip
Entrée 	WG Tortellini Primavera with Italian Beef Sausage Fresh Broccoli Fresh Seasonal Fruit	Chicken Burger on a Bun Carrot and Peas Fresh Seasonal Fruit	Classic Macaroni & Cheese Corn & Bean Salad Fresh Seasonal Fruit	Swedish Meatballs Brown Rice Mixed Salad with French Dressing Fresh Seasonal Fruit	Moroccan Chicken Brown Rice Tossed Salad with Italian Dressing Fresh Seasonal Fruit
PM Snack 	Homestyle Applesauce and Biscuit	Hummus and WW Pita	WW Taco Pizza	Fruit and Graham Wafer	WW Free Nut Butter Sandwich

Available for Purchase



Food for Tots menus include diverse nutrients young children need.



Whole Grain

Homemade

Trans-fat free

Local

Children's Favourite




Multicultural



85 Spy Court, Suite 300 Markham, ON L3R 4Z4 Tel: 905.752.8115 | Fax: 905.752.8116



Spring/Summer healthy **balance** Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack 	Chex Cereal & Milk	WW Peach Muffin	WW Mini Bagels with Fruit Spread	MG Cheerios & milk	Signature Banana Oatmeal Bar
Entrée 	Cranberry Baked Chicken Baby Carrots Pasta Fresh Seasonal Fruit	Cheesy Beef Volcano Meatballs on Bun with Tomato Sauce Green Beans Fresh Seasonal Fruit	Vegetable Goulash (Bean, Squash, Tomato, Mushroom, Yogurt) French Stick Slice Fresh Seasonal Fruit	Vegetable Soup with Crackers Chicken on WW Bread Fresh Seasonal Fruit	Chicken Masala in Creamy Mushroom Sauce Brown Rice Mixed Vegetables (Carrots, Zucchini, Beans, Red Peppers) Fresh Seasonal Fruit
PM Snack 	Rice Cake with Spread	WW Cheese Sandwich	Cheddar Cheese/ Cucumber Wrap with Ranch Dressing	Arrowroot Cookie with Fruit	Fresh Vegetables with Carrot & Cheese Dip

Available for Purchase



Food for Tots menus include diverse nutrients young children need.



Whole Grain

Homemade

Trans-fat free

Local

Children's Favourite




Multicultural



85 Spy Court, Suite 300 Markham, ON L3R 4Z4 Tel: 905.752.8115 | Fax: 905.752.8116



Spring/Summer healthybalance Menu – Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack 	Rice Krispies Cereal & Milk	Fresh Fruit and Rice Cake	Summer Berry Muffin	Shreddies Cereal & Milk	Maple Hot Cake and Fruit Dip
Entrée 	WG Breaded Chicken Nuggets in BBQ Sauce Green Beans Rice Fresh Seasonal Fruit	WG Zippy Beef Casserole with Mushroom Sauce and Peas Fresh Cucumber Fresh Seasonal Fruit	Black Bean Nacho Pizza on a WW Crust Chicken & Wild Rice Soup Baby Carrots Fresh Seasonal Fruit	Beef and Broccoli Stir Fry Brown Rice Fresh Seasonal Fruit	Fish Filet on a WW Bun Tartar Sauce Green Peas Fresh Seasonal Fruit
PM Snack 	WW Bread with Raspberry Spread	WW Cheese Sandwich	WW English Muffin and Nut Free Butter	Vegetables and Ranch Dip	Tricolor Tortilla Chips and Salsa

Available for Purchase



Food for Tots menus include diverse nutrients young children need.



Whole Grain

Homemade

Trans-fat free

Local

Children's Favourite

Multicultural

