

Menu for Week of :		September		September	
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning					
Snack Description	cereal w. fruit	bagels w. smoothies	cereal w. fruit	yogurt parfait w. fruit	pancakes w. fruit
Food groups used	grain- cereal		grain-	grain- fibre 1	grain- ww flour
	fruit	fruit- banana, berries	fruit	fruit-strawberries	fruit-
	milk on cereal	water to drink	water to drink	water to drink	milk on cereal
Lunch description	oven bake omelette	mac and cheese	tuna sandwiches	meatballs w. rice	chicken dinner w. potatoes
	fruit	veggies	veggies	veggies	veggies
Vegetables & fruit	oranges	peas	cucumbers	green and yellow beans	broccoli, cauliflower
			carrots, peppers		
Grain products	ww. English muffins	ww pasta	ww bread	ww rice	ww rolls
Milk & alternatives	milk to drink	milk to drink	milk to drink	milk to drink	milk to drink
Meat & alternatives	eggs	chickpeas	tuna	beef	chicken
Others					
Afternoon	rice cakes w. fruit	pumpkin loaf	banana bread	veggies, crackers, cheese	wow cookies w. fruit
		fruit-	fruit		
Food groups used	grain- rice cakes	grain- ww flour	grain- ww flour	veg-broccoli, cauliflower	grain- ww flour
	fruit-	fruit-	fruit- bananas	grain- ww crackers	fruit-
	water to drink	water to drink	water to drink	water to drink	water to drink
I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.					
Signature			Date		