

THE FAMILY PLACE

Healthy Choices Fall/ Winter Menu 2021/22 Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole Grain Cereal	Instant Oatmeal and fresh fruit	Toasted Raisin Bread and fresh fruit	Oats and Honey Whole Wheat toast with Apple Butter	Bear Paw Cereal Bars and fresh fruit
AM Bev	Milk	Milk	Milk	Milk	Milk
Entrée	Orange Chicken Drumstick, Whole Grain Pasta, Vegetable Medley Fresh fruit	Ethiopian Sweet Potato Stew, Brown Rice, Diced Carrots Fresh Fruit	Beef Burger, Whole Grain Bun, Broccoli Fresh Fruit	Whole Wheat White Meat Chicken Pieces, Brown Rice, Blanched Baby Carrots Fresh Fruit	Breaded Fish Sticks, Brown Rice, Green Beans Fresh Fruit
Lunch Bev	Milk	Milk	Milk	Milk	Milk
PM Snack	Flavoured unsweetened applesauce and goldfish crackers	Wowbutter and Jam Sandwiches on Whole Wheat Bread	Cheese String with Triscuits and Apples	Organic cookies and fresh fruit	Fruit Cup and 8 Grain Crackers
PM Bev	Water	Water	Water	Water	Water

• Water is available throughout the day

Menu In Effect: Nov.1/21



Whole Grain



Homemade



Trans-fat free



Local



Children's Favourite



Multicultural



Organic

THE FAMILY PLACE

Healthy Choices Fall/Winter 2021/22 Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Multi Grain Cheerios	Organic Granola Balls and fresh fruit	Toasted 14 Grain Bread and fresh fruit	Mini Yogurt and fresh fruit	Multi Grain Cheerios
AM Bev	Milk	Milk	Milk	Milk	Milk
Entrée	Breaded Chicken, Brown Rice, Peas and Corn Fresh Fruit	Pasta Bolognese, Vegetable Medley Fresh Fruit	White Fish Lasagna, Green Beans Fresh Fruit	Beef Meatballs in Gravy, Whole Wheat Sub Bun, Diced Carrots Fresh Fruit	Whole Wheat White Meat Chicken Pieces, Brown Rice, Mixed Vegetables Fresh Fruit
Lunch Bev	Milk	Milk	Milk	Milk	Milk
PM Snack	String Cheese with Ritz Crackers and fresh fruit	Individual Banana Bread and a Fruit Cup	Organic Granola Bars and Fresh Fruit	Pudding Cup and an Arrowroot Cookie	Organic Crispy Square and fresh fruit
PM Bev	Water	Water	Water	Water	Water

• Water is available throughout the day

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Healthy Choices Fall/Winter 2021/22 Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Multi Grain Cheerios	Instant Oatmeal and fresh fruit	Pancakes and Syrup with Orange slices	Toasted Hot Cross Buns and fresh fruit	Bear Paws and Fresh Fruit
AM Bev	Milk	Milk	Milk	Milk	Milk
Entrée	Salisbury Steak, Mashed Potatoes, Whole Wheat Bread, Vegetable Medley Fresh Fruit	Turkey Meatballs in Tomato Sauce, Bun, Green Beans Fresh Fruit	Mild Jerk Chicken Drumstick, Brown Rice, Sunshine Vegetables Fresh Fruit	Chicken and Rice Soup, Whole Wheat Bread, Blanched Baby Carrots Fresh Fruit	Macaroni & Cheese, Bean Salad, Carrots and Corn Fresh Fruit
Lunch Bev	Milk	Milk	Milk	Milk	Milk
PM Snack	Breadsticks and Wowbutter with Apples	Hummus with Veggie Crisps and Apple slices.	Cucumbers & Peppers with Ranch Dip and Wheat Thins <u>Infant snack:</u> Cheese String with Ritz Crackers and fruit	Unsweetened Applesauce with Whole Grain Teddy Grahams	Organic cookies and fresh fruit
PM Bev	Water	Water	Water	Water	Water

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Healthy Choices Fall/Winter 2021/22 Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Multi Grain Cheerios	Organic Granola Balls and fresh fruit	Mini Yogurt and fresh fruit	Mini Muffins and fresh fruit	Toasted Sunflower Flax Bread With Apple Butter
AM Bev	Milk	Milk	Milk	Milk	Milk
Entrée	Lemon Chicken Drumstick, Brown Rice, Turnip and Carrots Fresh Fruit	Orange Ginger Fish Filet, Whole Grain Penne, Green Beans Fresh Fruit	BBQ Chicken Meatballs, Brown Rice, Sunshine Vegetables Fresh Fruit	Chicken Noodle Soup, Whole Wheat Roll, Blanched Baby Carrots Fresh Fruit	Shepherd's Pie, Whole Wheat Bread, Peas and Corn Fresh Fruit
Lunch Bev	Milk	Milk	Milk	Milk	Milk
PM Snack	Graham Crackers with WowButter and Apple Slices	Turkey Kielbasa and Vegetable Crackers <u>Infant snack:</u> Fruit Cup and a Cookie	Vegetable Applesauce and a Cookie	Wowbutter and Jam Sandwich on Whole Wheat Bread	Whole Grain Trail Mix with Raisins
PM Bev	Water	Water	Water	Water	Water

• Water is available throughout the day

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Whole Grain

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