

THE FAMILY PLACE

Healthy Choices

Fall / Winter Menu 2022 /2023

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole Grain Cereal	Waffles and Syrup fresh fruit	Toasted Raisin Bread and fresh fruit	Mini Bagels with Cream Cheese and Fresh Fruit	Instant Oatmeal fresh fruit
AM Bev	Milk	Milk	Milk	Milk	Milk
Entrée	Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce Fresh fruit	Beef Burger, Hamburger Bun, Diced Carrots Fresh Fruit	Chicken Cacciatore Stew, Whole Grain Pasta, Green Peas Fresh Fruit	Breaded Fish Sticks Brown Rice, Leafy Greens, Balsamic Dressing Fresh Fruit	Turkey Tetrazzini with Whole Grain Pasta, Green Beans Fresh Fruit
Lunch Bev	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
PM Snack	unsweetened applesauce and goldfish crackers	Rice cakes with Apple Butter and Fresh Fruit	Wow butter and Jam Sandwiches on Whole Wheat Bread	Cucumbers and Carrots with Ranch dip and Wheat Thin Crackers Infants: Yogurt and Arrowroot cookie	Fruit Cup and Arrowroot Cookie
PM Bev	Water	Water	Water	Water	Water

• Water is available throughout the day

Menu updated: December 7 /22



Whole Grain

Homemade

Trans-fat free

Local

Children's Favourite

Multicultural

Organic

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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	Yogurt and fresh fruit	Mini Muffins And Fresh Fruit
AM Bev	Milk	Milk	Milk	Milk	Milk
Entrée	Beef Lasagna, Green and Yellow Beans Fresh Fruit	Turkey Burger, Hamburger Bun, Cheddar Cheese, Mixed Vegetables Fresh Fruit	Salsa Chicken drumstick, Brown Rice, Green Peas Fresh Fruit	Minestrone Soup, Whole Wheat Bread, Cucumber Slices Fresh Fruit	Chicken Alfredo, Pasta, Leafy Greens, French Dressing Fresh Fruit
Lunch Bev	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
PM Snack	String Cheese with Ritz Crackers and Apples	Cucumber and Tomatoes with Hummus and Wheat Thins Infants: Unsweetened Applesauce and cookies	Organic Granola Bars and Fresh Fruit	Rice Crackers with Hummus and Fresh Fruit	Freeze Dried Fruit Blend Yogurt melts and Strawberry Banana Cheerios Trail mix
PM Bev	Water	Water	Water	Water	Water

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Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Multi Grain Cheerios	Instant Oatmeal and fresh fruit	Pancakes and Syrup with Orange slices	Yogurt mixed with Multi Grain Cheerios and fresh fruit	English Muffin with Jam and Fresh Fruit
AM Bev	Milk	Milk	Milk	Milk	Milk
Entrée	Turkey Burrito, Whole wheat Wrap, Shredded Cheese, Peas and Corn Fresh Fruit	Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots Fresh Fruit	Beef Chili, Whole Wheat Bread, Green Peas Fresh Fruit	Classic Mac and Cheese, 7 bean Salad, Sunshine Vegetables Fresh Fruit	Fish Bolognese with Whole Grain Pasta, Green Beans Fresh Fruit
Lunch Bev	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
PM Snack	Oatmeal Applesauce cookies and Fresh Fruit	Veggie Crisps with Hummus and Apple Slices.	Cucumbers & Peppers with Ranch Dip and Wheat Thins <u>Infant snack:</u> Yogurt and graham crackers	Unsweetened Applesauce with Teddy Grahams	Wow Butter and Banana Roll Ups. (whole wheat wrap) Fresh Fruit
PM Bev	Water	Water	Water	Water	Water

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AM Snack	Multi Grain Cheerios	Organic Granola Balls and fresh fruit	Mini Yogurt and fresh fruit	Blueberry Oat Bars and fresh fruit	Toasted Sunflower Flax Bread With Apple Butter
AM Bev	Milk	Milk	Milk	Milk	Milk
Entrée	Chicken Meatballs in Tomato Sauce, Whole Grain Pasta, Green Peas Fresh Fruit	Classic Chicken Noodle Soup, Artisan Bread, Baby carrots Fresh Fruit	Hearty Beef and Vegeteable Stew, Whole Wheat Baguette, Fresh Fruit	Shepherd's Pie, Whole Wheat Bread, Green Beans Fresh Fruit	Tikki Masala Fish Filet, Brown Rice, Diced Carrots Fresh Fruit
Lunch Bev	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
PM Snack	Graham Crackers with Cream Cheese and Fresh Fruit	Popchips and Hummus with Fresh Fruit	Flavored Applesauce and organic cookies	Ritz Crackers with cheese and Apples.	Whole Grain Trail Mix with Raisins
PM Bev	Water	Water	Water	Water	Water

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