

# THE FAMILY PLACE

Healthy Choices

Spring / Summer Menu Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Whole Grain Cereal	Made Good Granola Bars fresh fruit	Toasted Raisin Bread	Yogurt Fresh Fruit	Instant Oatmeal fresh fruit
<b>AM Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>Entrée</b>	Beef Meatballs in Tomato Sauce, Brown Rice, Sunrise Mix (Carrots and Green Beans) Fresh fruit	Breaded Fish Patty, Bun, Tzatziki Sauce, Carrots & Turnip Fresh Fruit	Mini Potato & Cheese Perogies, Sour Cream, Marinated Chickpea Salad, Vegetable Medley (Green Peas, Green Beans, Carrot, Corn) Fresh Fruit	Southeast Diced Chicken, Cornbread, Green Peas Fresh Fruit	Lemon Chicken Drumstick, Veggie Quinoa Blend, Blanched Baby Carrots Fresh Fruit
<b>Lunch Bev</b>	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
<b>PM Snack</b>	Unsweetened Applesauce Arrowroot Cookies	Goldfish Crackers Apple Slices	Wow butter and Jam Sandwiches on Whole Wheat Bread	Fresh Veggies and Wheat Thin Crackers Infants: Yogurt and Arrowroot cookie	Granola Bar Fresh Fruit
<b>PM Bev</b>	Water	Water	Water	Water	Water

- Water is available throughout the day
- Sorbet will be served to celebrate birthdays.

Menu updated: April 2026



Whole Grain

Homemade

Trans-fat free

Local

Children's Favourite

Multicultural

Organic

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Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Multi Grain Cheerios	Organic Granola Balls and fresh fruit	Toasted 14 Grain Bread	Yogurt and Granola	Mini Muffins And Fresh Fruit
<b>AM Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>Entrée</b>	Dino Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots Fresh Fruit	Chicken Tikki Masala, Brown Rice, Green Peas Fresh Fruit	Classic Mac & Cheese, Chicken Strips, Vegetable Medley (Green Beans, Green Peas, Carrots and Corn) Fresh Fruit	Beef Burger, Bun, Cheddar Cheese Slice, Corn Fresh Fruit	Beef Bolognese Sauce, Whole Grain Pasta, Broccoli, Fresh Fruit
<b>Lunch Bev</b>	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
<b>PM Snack</b>	Ritz Crackers and Apple Slices	Fresh Veggies, Hummus and Wheat Thins Infants: Wheat Thin Veggie Crackers and Fruit	Unsweetened Applesauce, Arrowroot	Rice Crackers with Hummus and Fresh Fruit	Crispy Minis Apple Cinnamon, Fresh Fruit
<b>PM Bev</b>	Water	Water	Water	Water	Water

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Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Multi Grain Cheerios	Instant Oatmeal and fresh fruit	Waffles Fresh Fruit	Yogurt mixed with Multi Grain Cheerios	English Muffin and Jam
<b>AM Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>Entrée</b>	Chicken Alfredo Sauce, Pasta, Sunrice Mix (Carrots & Green Beans) Fresh Fruit	Vegetarian Egg "Fried" Rice, Broccoli Fresh Fruit	Butter Chicken Sauce, Whole Wheat Pasta, Peas & Corn Fresh Fruit	Ground Beef and Bean Taco Bowl, Mexican Rice, Shredded Cheese, Corn Fresh Fruit	Tomato Bean Primavera Sauce, Whole Grain Pasta, Diced Carrots Fresh Fruit.
<b>Lunch Bev</b>	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
<b>PM Snack</b>	Oatmeal Applesauce Cookies and Fresh Fruit	Veggie Crisps with Hummus and fresh Fruit	Fresh Veggies and Wheat Thin Veggie Crackers <u>Infant snack:</u> Wheat Thin Veggie Crackers, Fruit	Wow Butter and Banana Roll Ups. (whole wheat wrap)	Unsweetened Applesauce with Animal Cookies
<b>PM Bev</b>	Water	Water	Water	Water	Water

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Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Multi Grain Cheerios	Blueberry Oat Bar and fresh fruit	Raisin toast and Fresh fruit	Yogurt and Granola	Breakfast Pita Fresh Fruit
<b>AM Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>Entrée</b>	Breaded Chicken Pieces, Brown Rice, Plum Sauce, Vegetable Medley (Green Beans, Green Peas, Carrots, Corn) Fresh Fruit	Turkey Burger, Bun, Cheddar Cheese Slice, Peas & Corn Fresh Fruit	BBQ Beef Meatballs, Whole Wheat Bread, Sunrise Mix (Carrots & Green Beans) Fresh Fruit	Fish Sticks, Brown Rice, Green Peas Fresh Fruit	Whitefish, Rose Sauce in Whole Grain Pasta, Diced Carrots Fresh Fruit
<b>Lunch Bev</b>	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
<b>PM Snack</b>	Graham Crackers with wow butter	Pita Crips and Hummus with Fresh Fruit Infants: Rice Crackers and Hummus with Fresh Fruit	Unsweetened Applesauce and Arrowroot Cookie	Ritz Crackers and Cheese String	Rice cake rolls and Fresh Fruit Infants: Rice Cracker and Fresh Fruit
<b>PM Bev</b>	Water	Water	Water	Water	Water

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Whole Grain



Homemade



Trans-fat free



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Multicultural



Organic