

Tiny Treasures Learning and Child Care Centre Spring and Summer Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	-Cheerios with milk	-Raisin toast with butter -Milk	-Special K with milk	-English muffin with jam -Milk	-Rice krispies with milk
LUNCH	-Chicken tenders -Mixed vegetables -Fruit -Water	-Spaghetti with lean ground beef and tomato sauce -Sweet peas and corn -Fruit -Water	-Pita bread pizza with chicken, cheese, tomato sauce and black olives -Fruit -Water	-Grilled chicken on rice with peas, corn and carrots -Fruit -Water	-Oven breaded fish sticks -Mashed potatoes -Corn -Fruit -Water
SNACK	-Pudding cake (pudding, milk and graham crackers) -Water	-Cheese and crackers -Water	-Carrot loaf -Water	-Yogurt with graham crackers -Water	-Baked cinnamon pita -Fruit -Milk

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	-Cheerios with milk	-Raisin toast with butter -Milk	-Special K with milk	-English muffin with jam -Milk	-Rice krispies with milk
LUNCH	-Sheppard's Pie with lean ground beef, mashed potatoes and corn -Fruit -Water	-Breaded chicken on rice with broccoli and cheese -Fruit -Water	-Baked frittata with ham and cheese -Corn -Fruit -Water	-Lean ground beef stir fry noodles with carrots in soya sauce -Fruit -Water	-Baked tuna patties -Cucumber and tomato salad -Fruit -Water
SNACK	-Rice cake with jam -Milk	-Oatmeal cookies -Fruit smoothie	-Applesauce -Graham crackers -Water	-Banana loaf -Milk	-Yogurt with graham crackers -Water

*Fruits will depend on season and availability (Banana, Apple, Pear, Cantaloupe, Watermelon, Mango, Peach, Strawberry, Blueberry, Pineapple, and Grape)

*For vegetarians, meat will be replaced with lentils, legumes, and chick peas for daily protein

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	-Cheerios with milk	-Raisin toast with butter -Milk	-Special K with milk	-English muffin with jam -Milk	-Rice krispies with milk
LUNCH	-Baked macaroni and cheese -Broccoli with ranch dressing -Fruit -Water	-Oven breaded fish sticks -Baked fries -Fruit -Water	-Rice with lean ground beef and kidney beans -Fruit -Water	-Penne pasta with tomato sauce -Carrots with ranch dressing -Fruit -Water	-Chicken stir fry with rice, broccoli and carrots in soya sauce -Fruit -Water
SNACK	-Pudding cake (pudding, milk and graham crackers) -Water	-Cheese and crackers -Water	-Carrot loaf -Water	-Yogurt with graham crackers -Water	-Baked cinnamon pita -Fruit -Milk

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	-Cheerios with milk	-Raisin toast with butter -Milk	-Special K with milk	-English muffin with jam -Milk	-Rice krispies with milk
LUNCH	-Breaded chicken breast -Mashed potatoes -Fruit -Water	-Pigs in a blanket (Beef) -Mixed vegetables -Fruit -Water	-Sweet and sour lean ground beef meatballs with peppers -Fruit -Water	-Spaghetti with chicken and cheese in tomato sauce -Cucumber -Fruit -Water	-Baked fish sticks -Mashed potato with cheese and broccoli -Fruit -Water
SNACK	-Rice cake with jam -Milk	-Oatmeal cookies -Fruit smoothie	-Applesauce -Graham crackers -Milk	-Banana loaf -Milk	-Yogurt with graham crackers -Water

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