

Tiny Treasures Learning and Child Care Centre Fall and Winter Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	-Cheerios with milk	-Homemade pancakes with syrup -Milk	-Whole wheat toast with butter -Milk	-Rice krispies with milk	-Waffles with syrup -Milk
LUNCH	-Breaded chicken tenders -Ketchup -Carrots -Fruit salad -Water	-Pita bread pizza with chicken, cheese, tomato sauce, and black olives -Fruit salad -Water	-Homemade beefy tomato soup with elbow pasta and parmesan cheese -Fruit salad -Water	-Perogies (cheese and potato) -Sour cream -Corn -Fruit salad -Water	-Tuna with mayonnaise -Crackers -Cucumbers -Fruit salad -Water
SNACK	-Granola bar -Water	-Banana loaf -Water	-Bread sticks with cream cheese -Fruit -Water	-Yogurt parfait (yogurt, graham crackers and fresh fruit)	-Apple slices -Rice cake -Water

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	-Cheerios with milk	-Homemade pancakes with syrup -Milk	-Whole wheat toast with butter -Milk	-Special K cereal with milk	-Waffles with syrup -Milk
LUNCH	-Homemade hamburger on a bun -Pickles -Ketchup -Fruit salad -Water	-Risotto with beef chunks and broccoli -Fruit salad -Water	-Grilled cheese sandwich -Scrambled eggs -Carrots -Fruit salad -Water	-Fettuccine alfredo with broccoli and parmesan cheese -Fruit salad -Water	-Breaded chicken tenders -Ketchup -Curly fries -Carrots -Fruit salad -Water
SNACK	-Pudding -Graham crackers -Water	-Cheese and crackers -Water	-Rice krispie squares -Water	-Trail mix (Goldfish crackers, Craisins, and Pretzel sticks) -Water	-Bread sticks with cream cheese -Fruit -Water

*Fruits will depend on season and availability (Banana, Apple, Pear, Orange, Tangerine, Mango, Strawberry, Pineapple and Grape)

*For vegetarians, substitutes will be provided by the Centre for daily protein (i.e. vegetarian nuggets, fish sticks and hot dogs)

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	-Cheerios with milk	-Homemade pancakes with syrup -Milk	-Whole wheat toast with butter -Milk	-Rice krispies with milk	-Waffles with syrup -Milk
LUNCH	-Baked macaroni and cheese -Carrots -Fruit salad -Water	-Oven baked fish sticks -Ketchup -Corn -Fruit salad -Water	-Risotto with chicken and broccoli -Fruit salad -Water	-Homemade noodle soup with parmesan cheese -Cucumber -Fruit salad -Water	-Sliced beef hot dogs -Ketchup -Curly fries -Fruit salad -Water
SNACK	-Yogurt with graham crackers -Water	-Banana loaf -Water	-Bread sticks with cream cheese -Water	-Granola bar -Water	-Apple slices -Rice cake -Water

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	-Cheerios with milk	-Homemade pancakes with syrup -Milk	-Whole wheat toast with butter -Milk	-Special K with milk	-Waffles with syrup -Milk
LUNCH	-Pasta with butter -Carrots -Fruit salad -Water	-Linguini with lean ground beef, tomato sauce and parmesan cheese -Mixed vegetables -Fruit salad -Water	-Breaded chicken tenders -Ketchup -Broccoli and cheese -Fruit salad -Water	-Grilled cheese sandwich -Scrambled eggs -Carrots -Fruit salad -Water	-Baked fish sticks -Ketchup -Mashed potato -Fruit salad -Water
SNACK	-Pudding -Graham crackers -Water	-Cheese and crackers -Water	-Green peas crisps -Water	-Trail mix (Goldfish crackers, Craisins, and Pretzel sticks) -Water	-Bread sticks with cream cheese -Fruit -Water

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