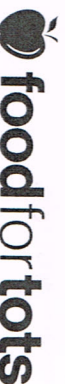


STREETSVILLE CHILDREN'S CENTRE

Healthy Choices Spring/Summer Menu 2018



Monday Tuesday Wednesday Thursday Friday

WEEK 1	AM Snack Entrée Pineapple Chicken Drumstick, Whole Grain Pasta, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit	AM Snack Entrée Lean Beef Burger with Whole Grain Bun, Diced Carrots, Fresh Fruit	AM Snack Entrée Breaded Wild Alaskan Pollock Sticks, Brown Rice, Peas and Corn, Fresh Fruit	AM Snack Entrée Quinoa and Chickpea Soup, Artisan Roll, Garden Salad, Balsamic Dressing, Fresh Fruit	AM Snack Entrée Thai Chicken and Vegetable Curry, Whole Grain Noodles, Fresh Fruit
	PM Snack	PM Snack	PM Snack	PM Snack <i>Chicken Nuggets</i>	PM Snack
WEEK 2	AM Snack Entrée Bean Burrito with Whole Wheat Wrap and Cheddar Cheese, Sunshine Vegetables (Carrots, Green Beans), Fresh Fruit	AM Snack Entrée Chicken Alphabet Noodle Soup, Pretzel Bun, Baby Carrots, Fresh Fruit	AM Snack Entrée Turkey Pot Pie, Mixed Vegetables (Green Beans, Zucchini, Cauliflower, Carrots), Fresh Fruit	AM Snack Entrée Beef Goulash, Root Vegetables (Carrots and Potato), Whole Grain Pasta, Fresh Fruit	AM Snack Entrée Teriyaki Tilapia Filet, Ancient Grains (Quinoa, Rice), Broccoli, Fresh Fruit
	PM Snack	PM Snack	PM Snack	PM Snack	PM Snack
WEEK 3	AM Snack Entrée Classic Macaroni and Cheese, Tri-Colour Chickpea Salad, Green Beans, Fresh Fruit	AM Snack Entrée Breaded Chicken Pieces (All White Meat), Brown Rice, Cauliflower and Carrots, Fresh Fruit	AM Snack Entrée Fish Taco (Breaded Cod, Whole Wheat Wrap, Tartar Sauce), Garden Salad, Raspberry Vinaigrette, Fresh Fruit	AM Snack Entrée Tomato and White Bean Soup, Artisan Roll, Baby Carrots, Fresh Fruit	AM Snack Entrée Egg Wrap (Scrambled Eggs, Cheddar Cheese, Lettuce, Whole Grain Wrap), Peas, Fresh Fruit
	PM Snack	PM Snack	PM Snack	PM Snack	PM Snack
WEEK 4	AM Snack Entrée Breaded Wild Alaskan Pollock Pattie, Whole Grain Bun, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit	AM Snack Entrée Sweet and Sour Beef Meatballs, Whole Grain Bun, Broccoli, Fresh Fruit	AM Snack Entrée Turkey Lasagna, Garden Salad, Italian Dressing, Fresh Fruit	AM Snack Entrée Beef Chili, French Baguette, Green Beans, Fresh Fruit	AM Snack Entrée Breaded Wild Alaskan Pollock Sticks, Ancient Grains, Peas and Corn, Fresh Fruit
	PM Snack	PM Snack	PM Snack	PM Snack	PM Snack

Menu is approved by a Registered Dietitian. Water and/or Milk are available throughout the day Menu In Effect: April 16, 2018

- Please see the allergy guide for the substitution meals for Vegetarian, Vegan and Halal and other dietary replacements. Daily Packing Slip will indicate specific replacements by child name.
- Please note that Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free at all times. All Lunches are Trans Fat Free (except for those that are naturally occurring).
- Fresh Fruits will vary daily depending on seasonal availability. They may include: apples, bananas, oranges, grapes, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, and peaches.